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NEWS WORTH SHARING.

RESCUED KITTEN FINDS SECOND LIFE

Cat thrown from moving car onto the highway finds new home in the arms of his saviour. Page 4.

Lowly NFL season ends on high note

Super Bowl. Months of ugliness off the field culminates into thrilling on-the-field display amid controversy in Arizona

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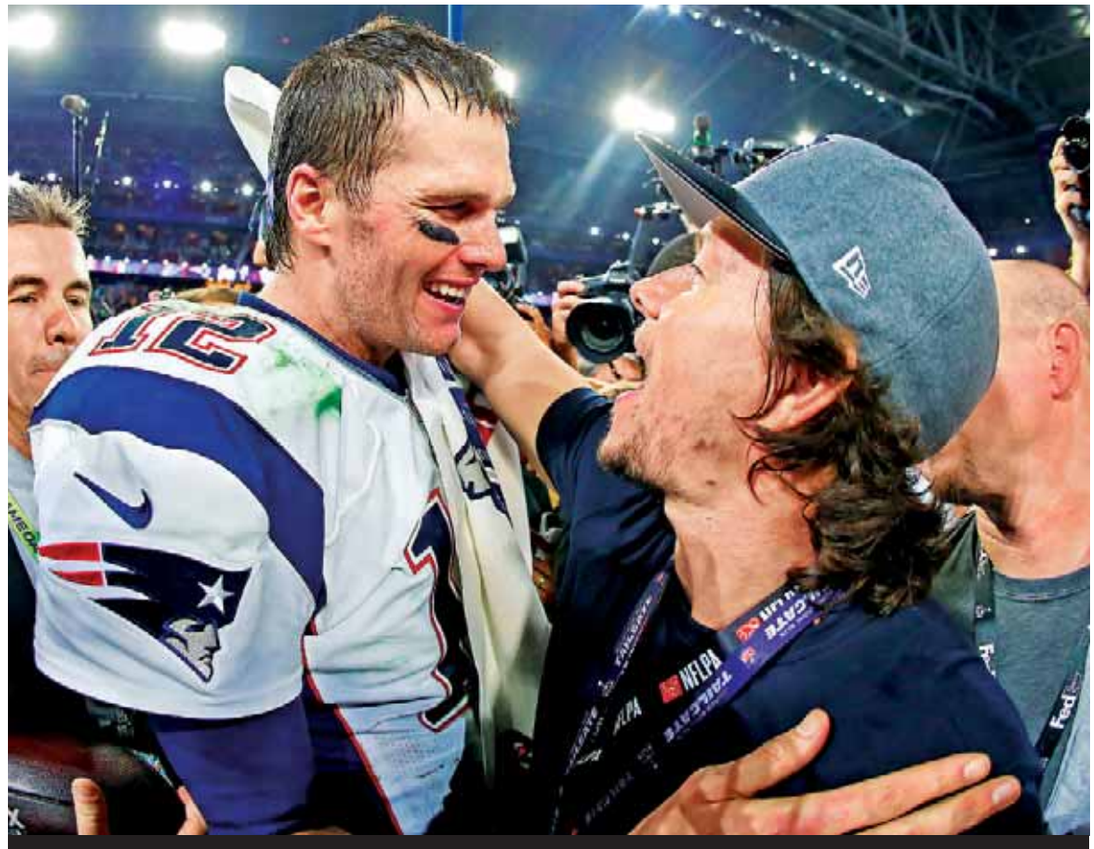

Quarterback Tom Brady of the New England Patriots celebrates with actor Mark Wahlberg after his team defeated the Seattle Seahawks 28-24 to win Super Bowl XLIX in Glendale, Ariz., on Sunday. Four pages of Super Bowl coverage inside. TOM PENNINGTON/GETTY IMAGES

After the worst off-the-field season in National Football League history, the Super Bowl managed to put smiles on many faces on Sunday in Phoenix.

Super Bowl XLIX was contested in a state where SB1070 is also a well known — yet unpopular — term, and no, it does not refer to a far-in-the-future Super Bowl.

Based on the shenanigans this season, the league and the state were a perfect match.

But first thing's first: The winners this day were the New England Patriots, who defeated the defending champion Seattle Seahawks 28-24 in a game in which the Patriots were competing in their record-tying eighth championship game.

There were plot twists all game long, and with a U.S. television audience expected to hit 112 million — and another eight million watching in Canada — the game will be the most watched show in U.S. television history, surpassing the 2014 Super Bowl numbers. So they got their money's worth.

The huge TV audience was a given, with the two best teams butting heads — and the game didn't disappoint. It also showed that no matter how many challenges the NFL had this season, football remains the most popular sports product in the U.S. It's not even close.

And that was even with the Patriots and deflated footballs; Adrian Peterson of the Minnesota Vikings and child abuse and Ray Rice of the Baltimore Ravens and domestic abuse. And along the way, NFL commissioner Roger Goodell went from saint to sinner.

And like most of the NFL challenges, SB1070 — Arizona Senate Bill 1070 — has nothing to do with the game of football — but it raised many questions about why the Super Bowl was played in Arizona.

The state has the toughest immigration law in the U.S., implemented in 2010 and known as the "Show Me Your Papers" law.

It allows state law enforcement officers to determine the immigration status of anyone they choose to stop. Opponents see the law as "racial profiling."

"By hosting the Super Bowl here, people think everything is fine now and everything is beautiful, but the reality is Arizona is one of the most anti-immigrant states in the union and that hasn't changed," Salvador Reza, who was born in Mexico but lived in Arizona for 22 years, told the International Business Times. "We still feel it every day."

If that wasn't enough, last year, the state's Republican-led legislature attempted to pass a law allowing businesses to refuse service to gays and lesbians. The NFL then threatened to move the game to another city and the law died.

So somehow, the state of the league and the state itself deserved each other.

But the game this night rose above it all. For that, we can give thanks.

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NEWS

A record-breaking year for female engineering students

Education. U of T boasts 30.6 per cent women as first-year students in program, but parity is still a ways away

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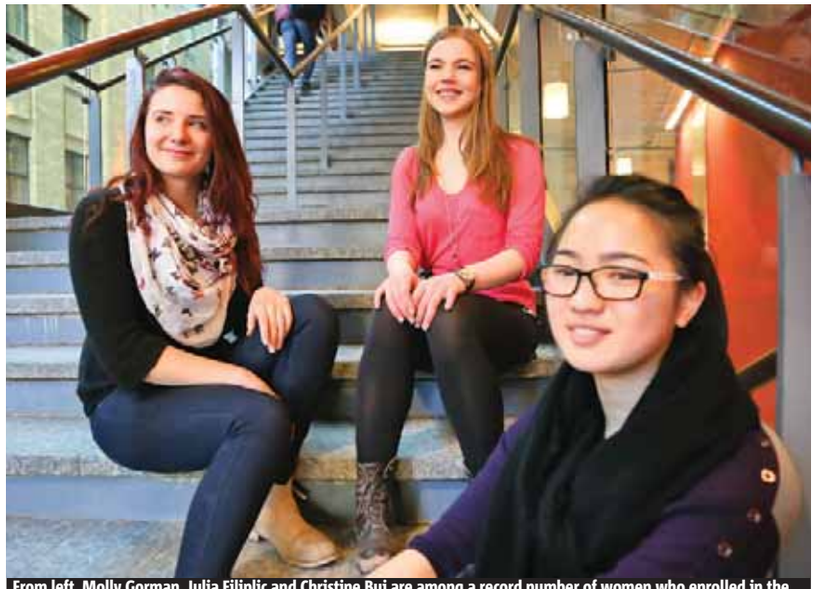
From left, Molly Gorman, Julia Filiplic and Christine Bui are among a record number of women who enrolled in the University of Toronto's engineering program last fall. COURTESY ROBERTA BAKE

Molly Gorman was in Grade 4 — chomping at the bit to learn Grade 5 math — when she decided she wanted to be an engineer.

Now, Gorman is part of a record-setting cohort of female first-year engineering students at the University of Toronto.

Women make up 30.6 per cent of first-year undergraduates at the school year, a jump from 25.4 per cent last year, the school said. The percentages are higher than those at any other school in Ontario, according to enrolment numbers to be made public this spring, a U of T spokesperson said.

"I'm really proud of our school for making the move forward," Gorman, 18, said. "There were a lot of women in my year talking about how proud they were to be part of it."

Ultimately, Gorman said, she wants to see parity between men and women within the next few years. Getting there, though, could take a lot longer, in the context of decades of effort to bring women into engineering.

Nationally, women's enrolment in engineering schools has been stuck below 20 per cent since 2008. While U of T's dean of engineering is a woman, 112 professors in the department are men, compared to nine women, according to a report from Engineers Canada.

There's more work to be done, said Dawn Britton, associate director of engineering outreach at U of T. She's part of a team tasked with educating women and girls as young as eight about the world of engineering.

"I think people's view of the engineering profession has perhaps changed," she said about the rise in female enrolment. "It's seen more as a vibrant profession that brings together people to solve global problems and global issues. That's attractive."

The continued dominance of men in the field has a myriad of causes, she said.

Women have a slew of formerly male-dominated professions to choose from, like medicine or business. Young women still aren't aware of enough successful female engineers, Britton added, and stereotypes that it's a job for men persist, despite targeted programs like teaching girls to code.

Gorman is considering a future in energy, food engineering or even pharmaceuticals.

She credits her mom for giving her the idea she could be an engineer as a child, and a Grade 12 chemistry teacher for encouraging her to pursue chemical engineering.

Without them, Gorman said she might have looked at the predominance of men in the field and wondered if there was a good reason for the lack of women. Instead, she said, she knows there is not.

"I hope that within the next few years we can really see parity come about because there really shouldn't be such a gap as it is right now."

By the numbers

18.9% National enrolment rate for women in engineering programs in 2013

17.1% National enrolment rate for women in engineering programs in 2008

1,116 Number of female engineering undergraduate students at University of Toronto in 2013

3,444 Number of male engineering undergraduate students at University of Toronto in 2013

16.5% Percentage of total PhDs in engineering awarded to women n in Canada in 2013

Source: Engineers Canada

Fighting stereotypes

'Become an engineer'

Actress Emma Watson recently drew praise from women engineers for telling a young woman to fight stereotypes in the industry.

The woman tweeted that her dad told her she couldn't become an engineer because it's a "men profession," and asked for Watson's help.

Watson's response: "Become an engineer."

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Ontario colleges create sexual assault policy

Ontario's colleges have created a sexual assault policy that will soon be implemented provincewide.

The presidents of 24 public colleges have voted to endorse a uniform policy that provides a clear path for victims of sexual violence and clearly outlines a school's responsibility. They will now take the next two months to consult with local groups before putting finalized policies in place at each school.

Campuses must be "safe and welcoming" and ensure "immediate and effective help" is available to victims of sexual assault, said Linda Franklin, the president and CEO of Colleges Ontario, the advocacy group that represents the colleges.

"There's an absolute and fundamental belief in the college system that this is our responsibility," Franklin said in an interview with the Toronto Star.

The creation of the policy follows a recent Star investigation into how colleges and universities handle sexual violence on campus. The Star surveyed 24 public colleges and found none of Ontario's colleges had a special sexual assault policy, seen by many experts as a necessary step. Only nine of 78 universities across the country had a special policy, the Star found. Ontario's universities have since created a multi-pronged sexual violence plan and several universities have announced they are in the midst of drafting sexual assault policies.

Last week, the University of Ottawa, which recently found itself mired in a sexual assault scandal, committed to a policy and 10 other recommendations put forth by its task force. "We can become a beacon," said the University's president Allan Rock at a news conference.

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An ecstatic Mandi Howard takes Potter (formerly Pedro) out of the Toronto Humane Society on Thursday on the way to his new home.

PHOTO COURTESY JO-ANNE MCARTHUR

Rescue. Highway jetsam kitten finds home with saviour

Mandi Howard couldn't help but tear up when picking up her "baby" to take home for the first time.

In his short life, the kitten has already experienced the best and worst sides of human behaviour — from unimaginable cruelty when he was flung out of a car on the highway to unconditional love from a stranger who not only rescued him on the side of the road, but saw him through a long and painful recovery.

"The moment I saw him, I just started crying," said Howard, a 32-year-old emergency room nurse.

But this time, they were happy tears. After recovering from broken bones and a split lip over nearly two months, Potter was finally ready to go to his new home on Thursday afternoon.

"He's perfect," Howard gushed.

She renamed the kitten, previously known as Pedro, as "Potter," for Harry Potter, "the boy who lived." Potter's "foster mom" at the Toronto Humane Society even dressed him up like his namesake for the pickup, complete with custom black-rimmed glasses and a lightning bolt.

"We are delighted that he has a forever adoptive home," said Makyla Deleo, a Humane Society spokeswoman.

The River St. Humane Society building was where Howard headed after picking Potter up off the highway when he was just eight weeks old on Dec. 6. His stay was lengthy because of how extensive his injuries were, explained Deleo.

"Most of his toes in his back feet were broken," she said.

There was no magic medicinal fix for that — just cage rest. Now that his fractures have healed, Deleo said she doesn't anticipate any further problems.

"He's just a happy little kitten at this point," she said.

Although he's able to move freely, he isn't as active as other kittens, said Howard.

"You can tell he's still trying to get used to not having the cast," she said.

But he still follows her around the house, purring and looking for opportunities to cuddle. That's made it hard to leave Potter behind, even to go to work, said Howard.

Potter joined a household with two other cats and Howard says they are all getting along "beautifully."

"It's as if he has always been there," she said.

Howard will take him to the vet to see if there are any more issues, and she'll foot the bill, despite raising more than $9,500 in an Indiegogo campaign for that purpose.

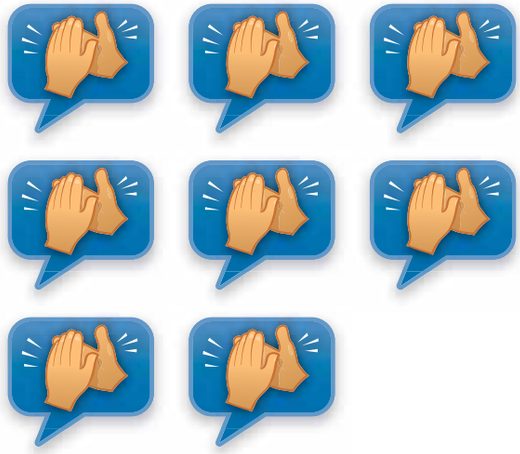
The campaign was started by Radhika Subramanyan, Howard's friend, and confusion over where the funds would go resulted in a fraud complaint that was later dropped by police.

The Humane Society confirmed police have not pursued the investigation further and Howard said "not one cent" would be going to Potter.

Instead, Subramanyan donated all the funds to various animal care services across the GTA, including a $2,000 donation to the Toronto Humane Society.

$6,107,538.60

for mental health



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Preparing for takeoff in the Junction

Street art. Rocket men hope to launch a new landmark by reimagining old silo

LUKE SIMCOE
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Even if takes a long, long time, Kevin Edgell and Adam Shaheen are determined to take street art in the Junction into orbit.

The pair is part of Cuppa Coffee Studios, an animation firm that recently set up shop along the West Toronto Railpath. Their property includes an old silo they want to convert into a 25-metre toy rocket — complete with portholes and a wind-up key.

"We were staring out the window one day and thought it looked like a rocket ship," Edgell said. "So instead of taking it down, we thought we could make it a landmark for the city."

Although still in the planning stages, the aptly-named Junction Rocket is exactly the kind of project StreetARToronto co-ordinator Kristina Hausmanis wants to see more of.

"We're always looking for new creative canvases," Hausmanis said. "It's nice to see a proposal that's different, as opposed to art on a wall."

Shaheen couldn't agree more. Having grown up in London, England, he thinks Toronto's street art scene could use a boost.

"Everything that's been done to date has been flat," he said. "So I was excited about pitching this idea because it's more sculptural."

The rocket men are preparing an application for StreetARToronto's partnership program, which provides up to $40,000 for public art projects. The grant process is highly competitive, but Hausmanis is confident that Edgell and Shaheen have a shot.

"It's a really unique way to re-imagine space," she said. "As long as the community is supportive of it, we would consider it."

Edgell doesn't believe getting people in the area on board will be a problem.

"The Junction has a great, vibrant arts community, and we think it'll be something that's embraced by them," he said. "Everyone we've spoken to thinks it's a neat idea."

Toronto of yore

The silo Kevin Edgell and Adam Shaheen are trying to transform was once used to hold rubber for the old Viceroy Toy factory in Toronto's west end.

"It's about re-imagining the tower as a giant toy," Shaheen said. "It's a nod to the history of this part of the city."

A look at the silo now, left, and what Kevin Edgell and Adam Shaheen are hoping to create. CONTRIBUTED ILLUSTRATION

Commercials, Katy and the actual game draw fans

Jelena Bakic, centre in red, and her friend Tammy Marchand get pumped up with staff at Real Sports Bar before Sunday's game. DAVID VAN DYKE/METRO

Two Toronto friends were hyper-excited for the Super Bowl for two distinct reasons.

Early afternoon Sunday, hours before the pre-game show even started, both Jelena Bakic and Tammy Marchand found great spots at Real Sports Bar.

"I've been waiting for weeks, all fired up now," said Bakic, 26, a Seahawks fan. She has watched every Super Bowl game since she was 12.

Her friend Marchand is equally excited. Not for the game itself, though.

"I'm here for the halftime show and the commercials," she said. "The game? I don't care that much. Commercials are extremely funny and exciting."

It's the subject always up for debate. Reasons vary as to why people are drawn to watching the world's biggest annual sporting event, but certainly the Super Bowl showdown owns a big part of people's hearts.

Take the case of Dave Moody, a diehard fan of the Patriots. He lives in Franklin, Mass., but flew to Toronto Sunday morning so he could watch the game with his son, Stephen, who has lived in Toronto since last summer and works as a chef.

"I was torn between watching it with my 93-year-old father or coming up here and watching it with my son," said Moody, as he and his son Stephen shot some pool at the Firkin on Harbour before the game.

"It's always been a tradition in our family to watch the Super Bowl together," added the younger Moody. "It is really awesome for my dad to have come all the way."

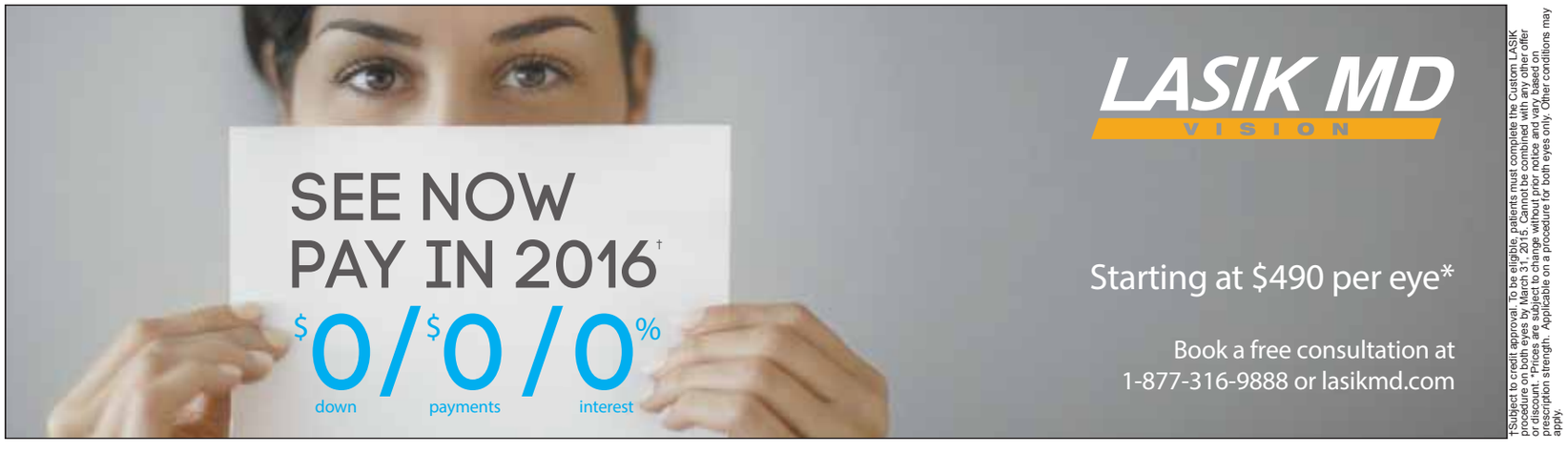
Back at Real Sports Bar, Bakic and Marchand have no similar feelings of euphoria for the Canadian version of the Super Bowl, the Grey Cup.

"The Grey Cup doesn't have the same appeal and hype," said Bakic. "I know it's a national thing for us Canadians and exciting, but it's not as big."

"What's the Grey Cup?" joked Marco Trimboly, donning a Tom Brady jersey as he and five buddies took seats at the bar.

"I've watched a few CFL games but ain't too much into it."

GILBERT NGABO/METRO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E-commerce. Etsy gets serious about helping Canadian entrepreneurs

Success came in an unconventional way for Jesse Herbert, founder of Oopsmark.

The artist's bicycle wine rack, which has graced the pages of publications such as Vanity Fair and the New York Times, found fame not through a publicist's rolodex or on a reality TV show, but through e-commerce site Etsy.

"I never thought it would work out like it did, since I was working hand-to-mouth as an artist," says Hebert, 37, about his rapid rise to fame, which happened after bloggers discovered his online business. Later, through digital word of mouth, photos of his invention worked their way into the inboxes of noted editors.

"There is no better time than now to start a business," he adds. "There are so many creative types, but they just don't know how to start."

The online marketplace and those who eschew physical spaces for digital storefronts has boomed in recent years, and Etsy.ca has noticed.

The e-commerce company with a community of 1.2 million shops around the world is in many ways the grown-up version of the old-school bulletin board.

Launched in 2005, the site's craftmakers, or "makers," sell homemade goods ranging from candles to clothes. Makers are charged 20 cents US per listing and the company gets a 3.5 per cent commission, with entrepreneurs keeping the remaining 96.5 per cent.

But sellers beware: It takes a lot of hard work to go from part-time hobbyist to successful maker like Jesse Herbert.

So Etsy Canada is stepping in to help fledgling artists with its new partnership between it and Ten Thousand Coffees, a Toronto-based business aimed at connecting people with leaders in various fields.

Jesse Herbert CONTRIBUTED

Partnerships

"People who are artistic and creative aren't necessarily business-savvy. So ... get together with like-minded people and lean on them for support."

Erin Green, country manager for Etsy Canada

The partnership, the first of its kind for Etsy.ca, will include a tour of 100 schools across Canada, and partnering the company's "expert makers" with newbies to share tips, experiences and insights about simple concepts such as products, pricing and promotion.

The joint initiative will also offer 20 free listings to people who open up their own shop for a brief period of time, as well as a $5,000 award to allow someone to set up their own online business. TAKARA SMALL/METRO

Restaurant inspections are only a tweet away

Food safety. Software developer making it easier to find out who's passed or failed

ROSEMARY WESTWOOD
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People in Vancouver, Toronto, Nova Scotia and New Brunswick can avoid the sometimes cumbersome-to-navigate food safety websites if they want to find out who's been passing, or failing, inspections.

Stewart Rand is tweeting them out. Or rather, his computer programs are.

"I want to make it easier for people to see this information and find out who's been naughty or nice with their sanitation," explained Rand, a software developer in Halifax.

"These days people are looking to have information brought to them," he added. "People don't want to go digging on some obscure website trying to find information."

While some sites are more helpful, like Toronto's, which has an interactive map, others, like Nova Scotia's, are only basic search engines. And all of them take more time to navigate than a quick browse of a Twitter feed.

"I set up essentially computer programs that check these websites every few hours to see if there are any new inspections that have been posted, (and) as soon as it finds those, it'll tweet them," he said.

The feeds only post a certain number of tweets each hour.

Twitter feeds

- @YVRFoodInspector
- @NBFoodInspector
- @NSFoodInspector
- @TOFoodInspector

Stewart Rand has created computer programs that mine websites for restaurant inspections and posts them to Twitter. JEFF HALPERN/METRO HALIFAX

Tea lovers come out in droves for fest

Bill Kamula, co-chair of the Tea Guild of Canada DAVID VAN DYKE/METRO

They came by the hundreds to sample and buy tea. All sorts of tea.

For two days this weekend, Torontonians who prefer the aroma and flavour of tea over coffee had a multitude to choose from at the Toronto Tea Festival.

Small vendors and business owners exhibiting at the festival offered a variety of teas from around the world to satisfy the more than 2,500 devotees who visited.

Bill Kamula, co-chair of the Tea Guild of Canada, isn't surprised. "There is a growing interest in getting quality tea," he said. "People have come to expect high standards for the kind of tea they drink, and there's definitely going to be dramatic growth in the tea industry."

In a multicultural city like Toronto, many people come from societies with a deep-rooted tea culture, said Kamula, who teaches a tea sommelier course at George Brown College. This festival helps people to reconnect with their cultures, he added.

Is tea slowly overtaking coffee as a preferred hot beverage? Kamula, who drinks them both, is not too keen on competition but leaves the choice to consumers.

"Whatever you choose to spend your money on, you should be able to get the best," he said. "But I think there's more potential for growth in the tea industry than in coffee."

Austin Hedge, owner of Seven Cups, which sells Chinese teas, agreed the focus should be on quality.

"When you have a bad tea, it's hard to make a good cup," he said. GILBERT NGABO/METRO

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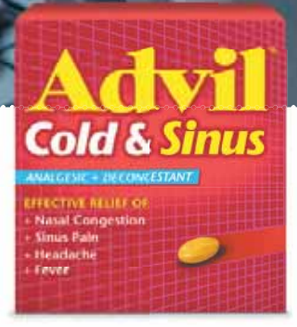

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Groundhog Day traces roots back to medieval traditions

Weather. Folklore says that a groundhog's shadow can forecast the end of winter season

What do a European Christian tradition, a 19th century American immigration pattern, and a cinema cult classic have in common? They've all helped turn groundhogs into North America's most popular weather prognosticators.

Each Feb. 2, crowds gather to watch Ontario's Wiarton Willie, Pennsylvania's Punxsutawney Phil and other furry forecasters take a shot at a task that baffles many humans. Folklore has it that if a groundhog sees his shadow he'll flee back to his burrow, heralding six more weeks of winter. If he doesn't, legend has it that spring is around the corner.

Chris Scott, chief meteorologist at the Weather Network, said Groundhog Day hearkens back to medieval Europe and the Christian festival of Candlemas.

Groundhog handler John Griffiths holds Punxsutawney Phil on Feb. 2, 2014, after he saw his shadow predicting six more weeks of winter during the 128th annual Groundhog Day festivities in Punxsutawney, Pennsylvania. GETTY IMAGES

Scott said early Europeans eventually threw a prognosticating hedgehog into the mix, adding the animals had hibernation patterns that naturally brought them out of hiding around the time of Candlemas.

Canada's marquee Groundhog Day event first took place in 1956 when Mac McKenzie, a resident of the central Ontario town of Wiarton, was looking for a pretext to throw a party.

After settling on Groundhog Day, he sent out his invitations in the form of mock news releases. When one of them fell into the hands of a genuine reporter, however, McKenzie had to get creative.

"(The reporter) had to have a story," McKenzie explained in documents provided by festival organizers. "So we tossed a fur hat with a button on it into the snow. We said it was a groundhog, and the photo ran in the (Toronto) Star."

Wiarton has been home to Canada's premier Groundhog Day event, including in 1999, when organizers discovered Willie had died in the run up to his big day. THE CANADIAN PRESS

Lighting candles

- Groundhog Day has its roots in the medieval European tradition of Candlemas. On a day in early February, people would light candles and watch the weather to see whether or not spring was on the way. Many cultures adopted rhymes for the tradition. Among them is a Scottish couplet that says: "If Candlemas Day is bright and clear, There'll be two winters in the year."

Egypt. Release of Aussie reporter raises hopes for jailed Canadian journalist

Al-Jazeera English reporter Peter Greste left Egypt on Sunday after the president approved his deportation, but there's no official word on jailed colleagues Egyptian-Canadian Mohamed Fahmy and Egyptian Baher Mohamed.

Greste, an Australian national, was released after more than a year behind bars in a case that was widely condemned by rights groups.

An Egyptian prison official and the nation's official news agency said Greste was released following a presidential "approval."

The official and an Interior Ministry statement said his release was an implementation of the new deportation law passed last year. The officials spoke on condition of anonymity because they were not authorized to speak to the media.

Quoted

"His deportation is in its final stages. We are hopeful."

Marwa Omara, Mohamed Fahmy's fiancee

A lawyer for Fahmy said his client welcomed the news.

"He has instructed me to say he is very happy that Peter has been released and hopes for the same outcome for himself soon," Lorne Waldman said in an email to The Canadian Press.

Foreign Affairs Minister John Baird spoke Sunday with his Egyptian counterpart, Sameh Shoukry, about Fahmy's case, the ministry said in a statement. Baird said he welcomed Greste's release, and noted that he remained hopeful that Fahmy's case will be resolved in short order.

"Canadian officials will continue to work closely with the Egyptian government to provide consular assistance to Mr. Fahmy to ensure his well-being," the statement said.

Greste, Fahmy and Mohamed were sentenced to at least seven years in prison on terrorism-related charges last year in a trial described as a sham by rights groups.

THE CANADIAN PRESS

An Open Letter to Ontarians.

Getting the Facts Straight on Honey Bees

It's not every day that we, the 28,000 farm families in Ontario, ask for support from our fellow Ontarians. Then again, having newly proposed agricultural regulations threaten our ability to provide you with made-in-Ontario food, fibre and fuel isn't an everyday occurrence.

We're referring to Ontario's proposed restriction of a certain class of seed treatments, neonicotinoids, with the intention of "protecting" honey bees. ***The fact is, these regulations will not benefit honey bees,*** but they will strip farmers of a vital pest management tool.

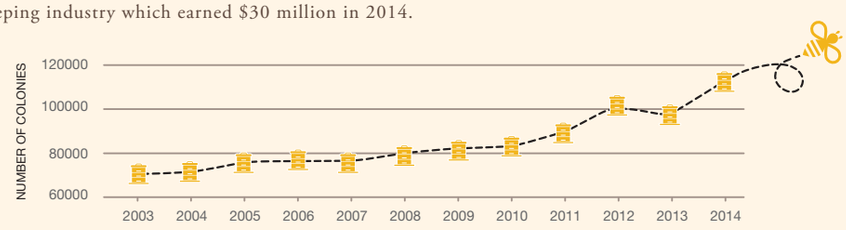
As farmers, we stand by our commitment to the environment – down to every acre of land, litre of fresh water and vital honey bee. It's why we're sharing the facts about honey bee health:

Honey bee colonies and honey production have increased, not decreased in Ontario

- Statistics Canada data demonstrates that in Ontario, honey bee colony numbers are up almost 60 per cent since 2003, when the use of neonicotinoid seed treatments were introduced. Honey production has increased by 29 per cent in the past year, and Ontario has a successful honey beekeeping industry which earned $30 million in 2014.

Ontario Bee Colonies are Growing

Source: Statistics Canada CANSIM Tables 001-0007



- Health Canada recently released a report indicating that, in 2014, the number of honey bee incidents reported during planting was down 70 per cent from 2013. And, of the late season issues reported, 72 per cent were made by only three beekeepers out of 3,262.

Neonicotinoids are used safely in Canada and around the world

- 85 per cent of Canadian honey is produced in western Canada where there are no known honey bee colony health issues resulting from neonicotinoid seed treatment use.
- Other countries, including England and Australia, that rely on science-based regulatory systems have concluded that any risk to honey bee populations from neonicotinoids is low and manageable.
- Here in Ontario, real-world field level research consistently demonstrates that responsible use of neonicotinoid seed treatments does not result in honey bee colony health issues.

The fact is most bee experts agree that the ***top health issues for honey bees are parasites, diseases, inadequate nutrition, adverse weather and hive management practices.***

Bees matter to agriculture. Bees matter to all of us. That's why we have worked diligently to enhance our production practices, adopt new technologies to reduce risk, and championed best management practices of the products needed to support agricultural production.

As stewards of the land, we care deeply about the environment. We have, and will continue to promote honey bee health, but we ask Ontarians to stand with us in demanding that decisions impacting our food, fibre and fuel supply be made with sound science and facts.

Please support Ontario farm families by spreading awareness of this important issue, because #BeesMatter to everyone.

For more information, please visit: **BeesMatter.ca**

Brought to you by Ontario farmers

and supported by the agricultural industry

Nigeria. Extremists attack Maiduguri from 4 fronts

Nigerian troops Sunday repelled Islamic extremists who attacked from four fronts on Maiduguri, the biggest city in northeast Nigeria, with several civilians killed by aerial bombs and grenades and mortar shells on the ground.

Soldiers said hundreds of insurgents died. Terrified residents fled homes shaking from five hours of heavy artillery fire and streamed in from the besieged city of two million, already crowded with another 200,000 refugees. In a separate attack, a suspected Boko Haram suicide bomber killed himself and eight others Sunday at the home of politician Sabo Garbu in neighbouring Yobe state, according to a witness.

Garbu is contesting a legislative seat in Feb. 14 balloting that includes a presidential election too close to call. Boko Haram denounces democracy.

For weeks Boko Haram has been closing in on Maiduguri. If it were able to plant its Islamic State of Iraq and the Levant-style flag there, even briefly, it would give them a major boost as the group loses ground in remoter areas, said Jacob Zenn, author of a book about the insurgents.

THE ASSOCIATED PRESS

Amid ISIL conflict

Violence in Iraq killed 1,375 in January: UN

The United Nations mission to Iraq said Sunday that violence in the country amid the war against the Islamic State of Iraq and the Levant (ISIL) killed at least 1,375 people in January.

The UN Assistance Mission in Iraq (UNAMI) put the number of civilians killed at 790, while identifying the rest as security-forces members. It said at least 1,469 civilians and 771 security-forces members were wounded. It said the worst affected city was the capital, Baghdad, with 256 civilians killed and 758 wounded. THE ASSOCIATED PRESS

Horror and fear grip Japan after ISIL video shows beheading

Slaying. Journalist Kenji Goto's work focused on refugees, children and other victims of war

Appalled and saddened by news of journalist Kenji Goto's purported beheading by the Islamic State of Iraq and the Levant (ISIL), Japan ordered heightened security precautions Sunday and said it would persist with its non-military support for fighting terrorism.

The failure to save Goto raised fears for the life of a Jordanian fighter pilot also held by the militant group that controls about a third of both Syria and Iraq.

Unlike some earlier messages delivered in the crisis, the video that circulated online late Saturday purporting to show a militant beheading Goto did not mention the pilot.

Jordan renewed an offer Sunday to swap an al-Qaida prisoner for the pilot, Lt. Muath al-Kaseasbeh, who was seized after his F-16 crashed near ISIL's de facto capital, Raqqa, Syria, in December.

Government spokesman Mohammed al-Momani told The Associated Press that "we are still ready to hand over" Sajida al-Rishawi, who faces death by hanging for her role in triple hotel bombings in Jordan in 2005. Al-Momani also said his country spared no effort to free Goto.

The slaying of Goto, a freelance reporter whose work focused on refugees, children and other victims of war, shocked Japan, which until now had not become directly embroiled in the fight against the militants.

"I feel indignation over this immoral and heinous act of terrorism," Prime Minister Shinzo Abe told reporters after convening an emergency cabinet meeting. "When I think of the grief of his family, I am left speechless," he said. "We are filled with deep regret."

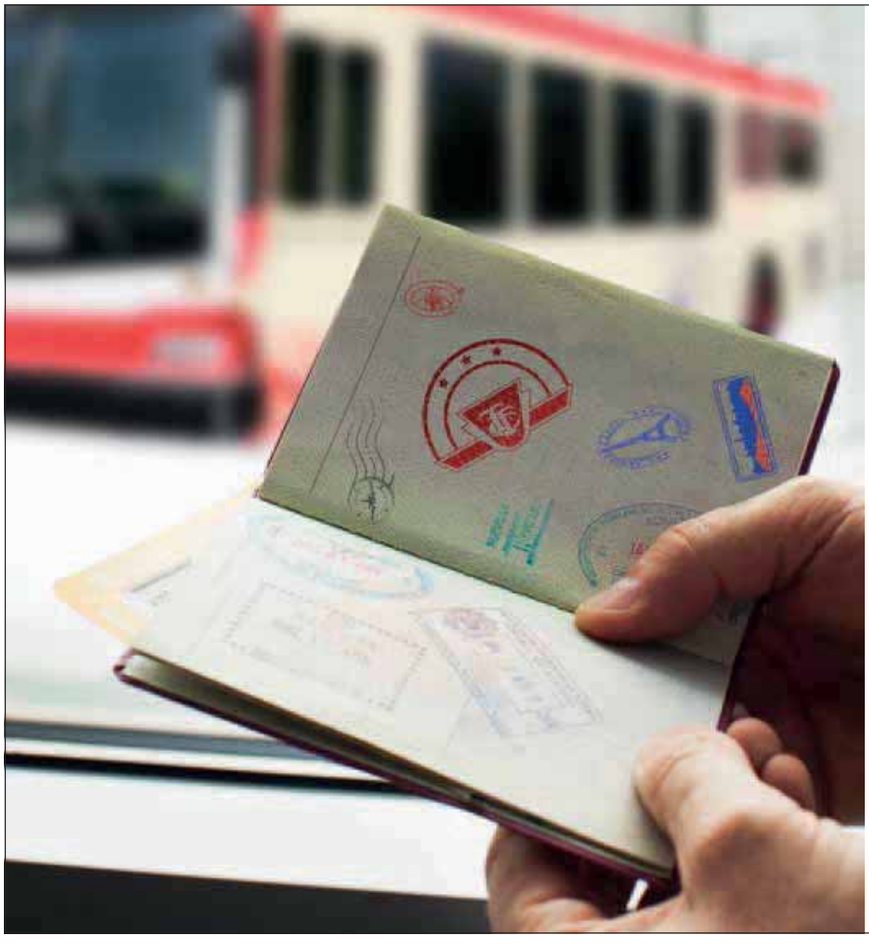
People holding a banner and signs gather to show their sympathy for the killed Japanese hostages, Kenji Goto and Haruna Yukawa, in front of the prime minister's official residence in Tokyo on Sunday. THE ASSOCIATED PRESS

Threats from ISIL prompted an order for tighter security at airports and at Japanese facilities overseas, such as embassies and schools, government spokesman Yoshihide Suga said. He said it would be "inappropriate" to comment on the status of the Jordanian pilot.

With no updates for days, al-Kaseasbeh's family appealed to the government for information on his situation. But for Goto's family and friends, the beheading shattered any hopes for his rescue.

According to his friends and family, Goto travelled to Syria in late October to try to save Haruna Yukawa, 42, who was taken hostage in August and who was shown as purportedly killed in an earlier video.

THE ASSOCIATED PRESS



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United Nations

ICAO to review flight safety

The International Civil Aviation Organization will hold a high-level safety meeting this week to look at the global tracking of commercial aircraft and flights over conflict zones.

More than 800 participants are expected to attend the four-day international gathering at ICAO's Montreal headquarters.

ICAO, the UN agency that governs civil aviation, says on its website the conference will review the current situation, look at how to manage aviation safety in the future and study ways to increase regional co-operation.

Emerging safety issues will be discussed Tuesday. THE CANADIAN PRESS

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Middle class composition lacks 'clear-cut definition'

Economy. Federal parties push for key voting bloc's support in next election despite unclear make-up

Finance Minister Joe Oliver answers a question during question period in the House of Commons in January. Oliver recently said families with annual pre-tax incomes of $120,000 are considered middle class. SEAN KILPATRICK/THE CANADIAN PRESS

Canada's middle class is the darling of doting politicians everywhere — the focus of a growing list of election promises, the subject of endless speeches, the precious vote-rich prize whose support can make or break a political party in this year's federal election.

The importance of the middle class is not in question. But its membership certainly is.

Politicians and economists often have different definitions of the middle class, a demographic Canadians will hear more and more about as the October election date approaches.

"One of the troubles with the term 'middle class' is it's so elastic and there's not a clear-cut definition," said Charles Beach, an economist and Queen's University professor emeritus.

Federal Finance Minister Joe Oliver suggested recently that families with kids that have pre-tax, annual incomes of about $120,000 were part of the middle class.

The Opposition New Democrats' definition focuses on the middle 60 per cent of income earners, while the Liberals describe the segment as the largest group of Canadians whose earnings allow for things like decent housing, education and retirement.

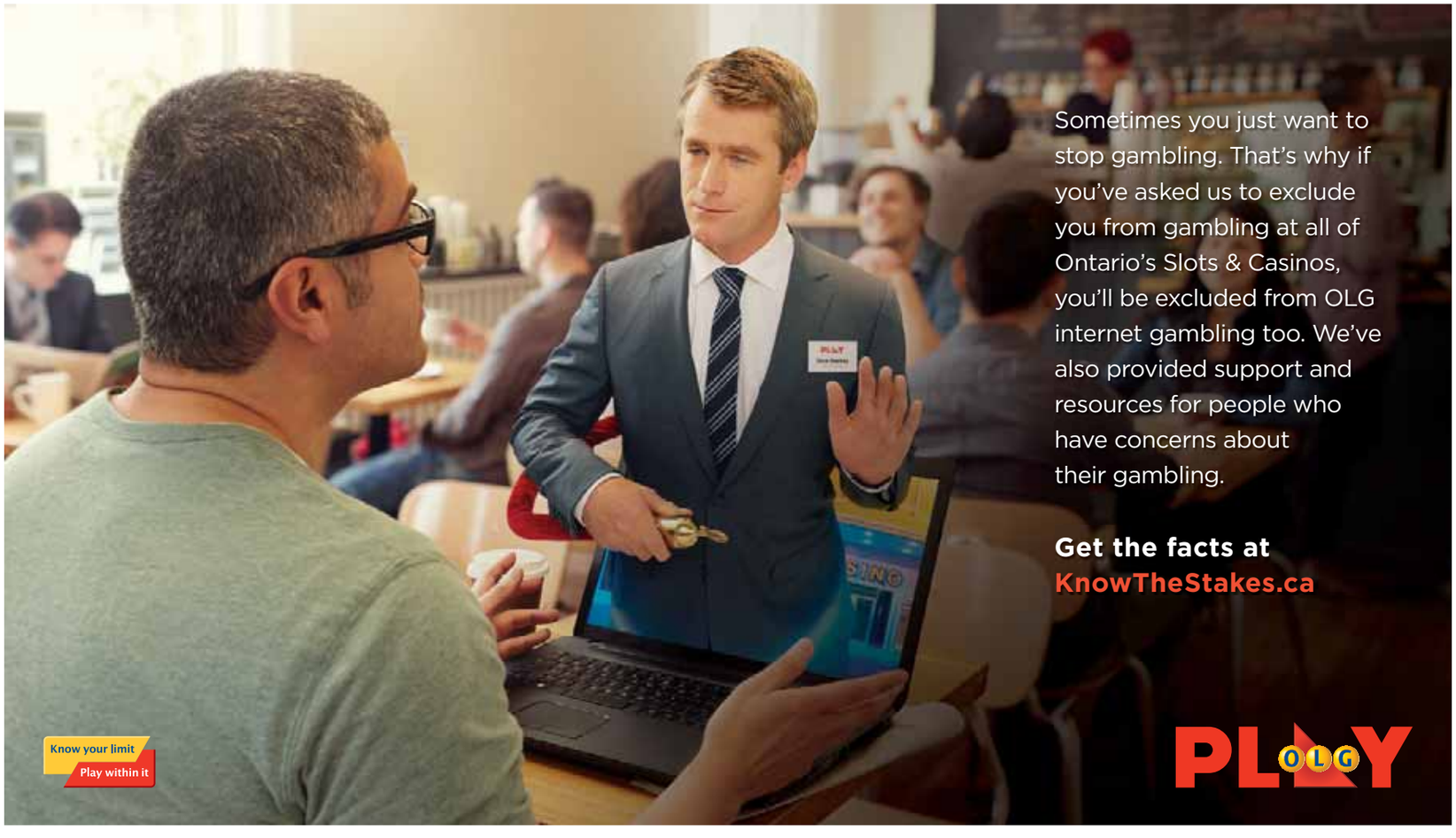
Economists feel more comfortable sticking to statistical models, but even those within the research community have different methods of characterizing it.

An internal Finance Department document produced for Oliver shows that differences exist between political and statistical interpretations of the middle class.

In its example, the department described middle class as households where members 16 and older took home an average 2010 income between $34,400 and $44,900, after adding government transfers and deducting taxes.

The department, which included its interpretation in a broader document exploring the "economic situation of Canadians in middle-class families," acknowledged the subjective nature of the term.

"There is no consensus definition of 'middle class,' nor is there an official government definition," said the memo, obtained by The Canadian Press under the Access to Information Act. THE CANADIAN PRESS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VOICES

TORONTO VS. ONTARIO, AGAIN AND AGAIN

The city has very low property taxes. So when the province asks why it should subsidize those tax rates, Toronto's arguments have got to add up

TORY'S TORONTO
Matt Elliott

Things you inherit when you become mayor of Toronto: a pretty nice second-floor office, a dorky ceremonial chain of office you have to wear for official photos, an underground parking spot.

And, oh, yeah: a complicated and often contentious relationship with the Ontario government.

Mayor John Tory has had a taste of that over the past couple of weeks as he's clashed with the province over the city's 2015 budget. The details of this latest spat are unique. The province cut funding for housing, creating a huge budget hole for Toronto. Toronto asked Queen's Park for help. The province offered a loan with absurd terms. The city said thanks, but no thanks.

But look past the details, and the central issue is the same as it always is when the city and the province do battle. It's about money — who has it and who needs it.

And it's not so easy to pick sides.

The city's perspective is simple. In the 1990s, former premier Mike Harris forced the City of Toronto and other Ontario municipalities to assume funding responsibility for a range of social services.

Harris' government also cut off operating funding for TTC and smushed a bunch of unwilling municipalities together to form the amalgamated City of Toronto.

Almost two decades later, Toronto is still struggling to deal with costs pushed on it by the Harris years — especially when it comes to transit and housing. So, Toronto's argument goes, Queen's Park should fix that.

But Queen's Park has a decent counterposition. Premier Kathleen Wynne can point out not only that provincial support has increased over the past decade, but also that Toronto, for all its complaining about being cash-poor, gets by with very low property taxes.

People bristle when they hear that, but it's true from every angle. In percentage terms, Toronto has rates half those of places like Hamilton or Oshawa. In real dollar terms, taking into account Toronto's higher real estate values, T.O still comes out at the bottom, with the average annual tax bill in the big smoke coming in at $3,248 in 2014 compared to $4,494 in Caledon and $5,036 in Richmond Hill. So isn't it fair for the provincial government to look at Toronto's requests for funding and ask, "Hey, why should we subsidize those low tax rates?"

In recent years, Toronto hasn't had many good answers to that question. Instead, Toronto politics has been dominated by incoherent arguments from popular politicians, who demand provincial money with one hand while promising local tax and revenue cuts with the other.

And that's just not going to work. If Toronto wants to make progress — and put an end to the eternal Toronto versus Ontario battle — the city's arguments have got to start adding up.

Your Toronto

Man's castle was once home

Photo submitted by Metro reader Nikhil Shah

It's impressive even in the dead of winter. Photographer Nikhil Shah braved -11C temperatures to capture this shot of Casa Loma on a clear, blue day earlier this week. **CONTRIBUTED**

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Upcoming

Financial freedom

What does it take in your 20s, 30s and 40s to reach financial independence before the clock ticks half a century? At this community event, you can get tips on how to spend wisely, how to use structured investments such as RRSPs and TFSAs, cash withdrawal rules and income normalization to reach your desired goals. Moneysense Magazine editor Julia Cazzin will lead the discussion Monday evening at Maria A. Shchuka Library. For more information, call 416-394-1000 **METRO**

Celebrating Black History Month

There are a multitude of events scheduled at various branches of the Toronto Public Library to celebrate the Black History Month. A performance by musician Roger Gibbs from Barbados, a workshop by artist Karen Bell-Higgins, a screening of the documentary Half: The Story of a Chinese-Jamaican Son, are among many events happening in the city throughout the month. Visit www.torontopubliclibrary.ca to learn more. **METRO**

Raps rolling

Remember that night last year when Raptors' swingman Terrence Ross dropped a staggering 51 points over the Los Angeles Clippers? Well, the homeboys lost that game. Clippers are back in town this Friday in what should be a thrilling showdown, as Raptors look to sweep the series and make a bold statement. Also, Brooklyn Nets will be at ACC Wednesday looking for revenge after dropping an overtime decision to Raptors last Friday. **METRO**

metro

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Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Justin Timberlake and Jessica Biel are, indeed, expecting. GETTY IMAGES

Timberlake finally confirms baby we all knew was coming

Justin Timberlake is just the latest person in an impressive line of people to announce that his wife, Jessica Biel, is pregnant.

But I guess since it's actually his kid and all, his announcement should count more.

Timberlake celebrated his birthday over the weekend by posting a photo to Instagram of him kissing Biel's very pregnant belly. (Or at least we're assuming it's Biel. Because it would be really weird if it wasn't.)

He captioned the photo with some heartfelt thanks and an abundance of hashtags, including #BoyOrGirl and #YouNeverKnow.

Listen, I don't want to tell Timberlake how to do his job as a soon-to-be dad, but he does know that they will, in fact, know at some point, right?

For those keeping track at home, InStyle editor-in-chief Ariel Foxman first leaked the big news on her Instagram with a quickly deleted post in November.

And then in December, Timberlake's former bandmate Joey Fatone told InTouch that there was, in fact, a baby on the way.

I'm guessing Timberlake wanted to squeeze his own announcement out before it ended up in Katy Perry's Super Bowl halftime show or something.

Jay Z offers $56 million for Swedish streaming service

If Jay Z needs help spending all of his money, I'm happy to offer some suggestions. His latest big-ticket idea? Offering $56 million to buy Aspiro, a Swedish firm offering high-quality streaming music services. If the bid is accepted, Jay Z's company will have total control over Aspiro's paid subscription services, WiMP and Tidal. Whatever he plans to do with them, I'm sure Mike Huckabee will take issue with it.

Jay Z GETTY IMAGES

Whitney Houston and her daughter Bobbi in 2011. THE ASSOCIATED PRESS FILE

Whitney's daughter found unresponsive in bathtub

The daughter of late singer Whitney Houston was found unresponsive in her bathtub Saturday and taken to a hospital in the north Atlanta suburbs, police say.

Bobbi Kristina Brown was found by her husband, Nick Gordon, and a friend and given CPR, said Lisa Holland, a spokeswoman for the Roswell Police Department. When police arrived, Brown was taken alive to hospital.

As of late Sunday, there were no updates on her condition from the hospital or her family.

Brown, 21, is the only child of Houston and R&B singer Bobby Brown.

Houston was found dead in a hotel bathtub in 2012 at the age of 48. Authorities concluded she had accidentally drowned, with heart disease and cocaine use as contributing factors.

Houston left her entire estate to her daughter.

THE ASSOCIATED PRESS

SCENE

Eve of Super Bowl

Wahlberg, Bay host fundraiser

Transformers star Mark Wahlberg and director Michael Bay reunited on the eve of the Super Bowl for a charity event that organizers said raised more than $1 million. The pair served as celebrity hosts for the Big Game Big Give event. Items up for auction included jewelry and other high-end goods. Wahlberg and Bay held private sessions with donors, with the director showing a reel of behind-the-scenes footage. American Idol winner Jordin Sparks also performed for guests.

THE ASSOCIATED PRESS

Michael Bay, left, and Mark Wahlberg. GETTY IMAGES

Katy dazzles at halftime show

Super Bowl Sunday. Katy Perry roars onto the halftime stage in a colourful spectacle featuring Lenny Kravitz and Missy Elliott

If you're like us, what you really wanted to hear during last night's Super Bowl was Katy Perry's halftime roar, and she did not disappoint.

From her entrance on a golden mechanical lion while singing her megahit Roar to her duet with Lenny Kravitz on I Kissed A Girl, Perry managed to give her fans all of her hits in one shot.

The popular singer also took to the air, travelling around the stadium on a floating shooting star while singing her hit song Firework.

Despite all of that, it's safe to say that it was a cameo by Missy Elliott that stole the show.

Katy Perry makes a grand entrance at the Super Bowl halftime show. GETTY IMAGES

The rapper came out to perform her now-classic hit Get Ur Freak On and promptly dazzled social media, leaving many hoping she'll release new music soon. LENYON WHITAKER/METRO IN NEW YORK CITY

Halftime goal

"I hope at the end of the day that 100 million people are all smiling in unison."

Katy Perry describes her Super Bowl halftime show game plan

Super advice

Katy Perry was so nervous about her Super Bowl Sunday performance she told Billboard she planned on sending last year's Super Bowl performer, Bruno Mars, an email asking for some tips. She read the email out loud to Billboard and it's beyond adorable.

- "Hello, exclusive Super Bowl club member! I was wondering if you are in L.A. at all this month and would have tea with a sister who is about to throw up with nervousness re: (football emoji). I've heard about your process through our managers, but am wondering if you had more insight on important things like, spray tan the night before or three nights before? JK, or maybe not!"

MATTHEW LEE/METRO IN NEW YORK CITY

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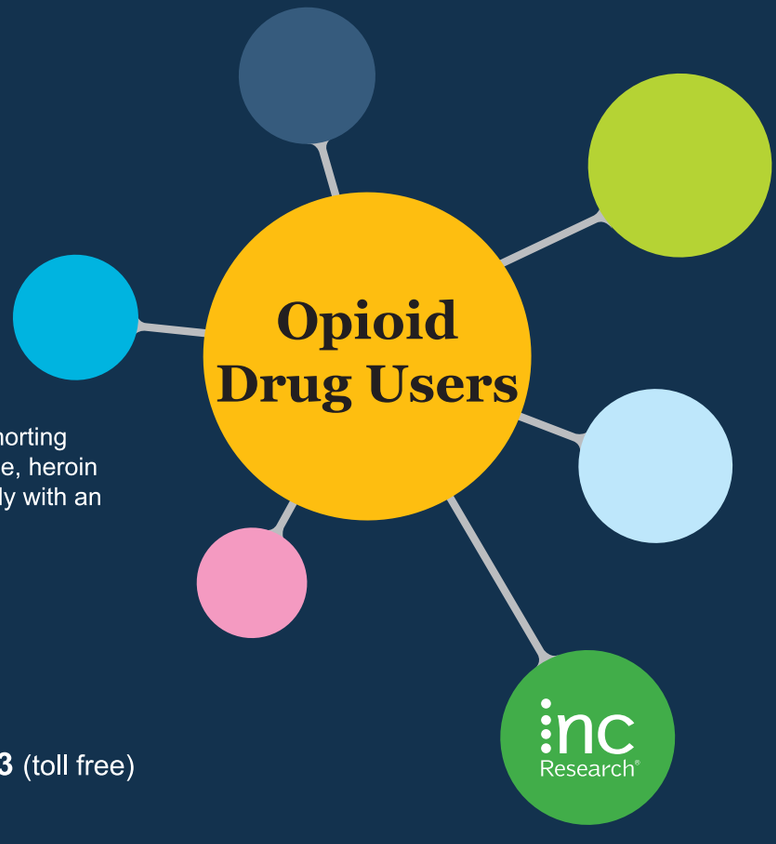


Super Saturday Night party. Rihanna springs Kanye for surprise duet

Kanye West joins Rihanna to sing All of the Lights. GETTY IMAGES

The crowd at DirecTV's Super Saturday Night party came for Rihanna, and got a healthy dose of Kanye West as a bonus.

West trotted on stage as Rihanna sang the opening lines of their hit All of the Lights, a surprise guest at an event that's become known for delivering shows from music's superstars on the eve of the Super Bowl.

Rihanna opened the performance with Rock Star and moved through several of her hits, including Umbrella, Rude Boy and We Found Love.

She reached out and touched fans and moved effortlessly around a semicircle stage that allowed her to reach fans throughout the venue. West also interacted with the audience, slapping hands as he performed. After a few duets, Rihanna left the stage as West performed Jesus Walks, Black Skinhead, Flashing Lights and other hits.

Both performers opted to slow down the tempo at times, with Rihanna performing Stay and West singing a new song, Only One. THE ASSOCIATED PRESS

Old star, new star shine at A-list bash

Rolling Stone party. Steven Tyler, Charli XCX headline Super Bowl eve event

Aerosmith frontman Steven Tyler charged up a frenzied crowd on the eve of the Super Bowl that features his beloved New England Patriots.

Tyler played fan favourites at the Rolling Stone party, including Dream On, Sweet Emotion and Cryin' in front of an audience that sang along in unison for most of the songs.

The venue was adorned with Rolling Stone covers from over the years, and Tyler made a reference to magazine founder Jann Wenner's influence on the music industry between songs.

Tyler followed British pop star Charli XCX, who set the stage with an energetic set.

"Who's excited for the f–ing Super Bowl?" she shouted. "I thought it was baseball until a few months ago. I'm from the U.K."

Tyler largely avoided any reference to the Patriots, despite a long history with the team.

The Boston rocker has been a fan of the Patriots for several years, and famously sang the national anthem in the AFC Championship two years ago before the Patriots lost to the Baltimore Ravens.

Super Bowl newbie

"I thought it was baseball until a few months ago. I'm from the U.K."

British pop star Charli XCX

The performance was widely ridiculed as he botched some of the lyrics.

Following the controversy over deflated footballs during this year's AFC title game, Tyler joined Matt Damon, Ben Affleck, John Krasinski and other well-known Patriots fans in a mock video on Jimmy Kimmel Live! in which they claimed responsibility for the air being taken out of the balls.

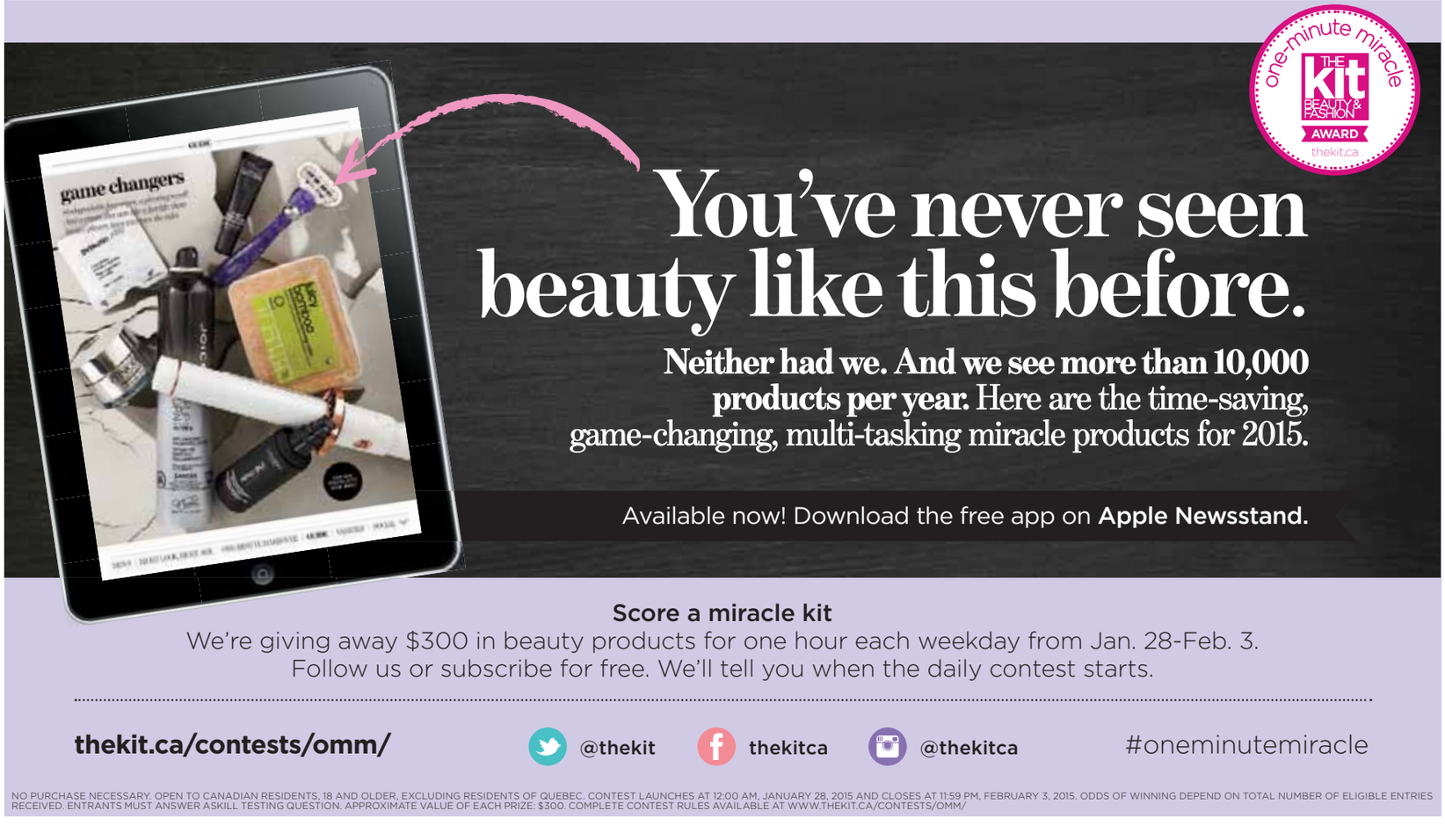
THE ASSOCIATED PRESS

Pop star Charli XCX
GETTY IMAGES

Rock 'n' roll icon

Steven Tyler's top billing at an A-list party on one of the entertainment world's biggest party nights is a testament to his staying power as a rock 'n' roll icon.

- Aerosmith's longevity spans more than a generation, including their rise to stardom in the early 1970s, a rough period during the early '80s when drugs tore the band apart and a resurgence in the late '80s and early '90s that put them back on the top of the charts.
- In recent years, Tyler was a judge on American Idol, endearing him to a younger generation of fans.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Quirky film sweeps Sundance

Sundance winners

- **U.S. drama, grand jury prize:** Me and Earl and the Dying Girl
- **U.S. drama, audience award:** Me and Earl and the Dying Girl
- **U.S. drama, directing:** The Witch, Robert Eggers
- **U.S. drama, special jury award for cinematography:** Diary of a Teenage Girl, Brandon Trost
- **U.S. drama, special jury award for collaborative vision:** Advantageous
- **U.S. drama, special jury award for editing:** Dope, Lee Haugen
- **U.S. documentary, grand jury prize:** The Wolfpack
- **U.S. documentary, audience award:** Meru
- **U.S. documentary, directing:** Cartel Land, Matthew Heineman
- **U.S. documentary, special jury award for social impact:** 3 1/2 minutes
- **U.S. documentary, special jury award for vérité filmmaking:** Western

• To see the full list of winners, please go to sundance.org/festival

Thomas Mann, star of Me, Earl and the Dying Girl, poses for photos at the Sundance Film Festival last week. THE ASSOCIATED PRESS

Awards. Tearjerker about a girl with cancer takes top prizes as Utah film festival wraps 2015 edition

Sundance breakout Me and Earl and the Dying Girl, a quirky, heartfelt story about a pair of high school film lovers who befriend a girl with cancer, won both the U.S. dramatic audience award and the grand jury prize at the 31st Sundance Film Festival awards, announced Saturday.

Thomas Mann, R.J. Cyler, and Olivia Cooke lead the cast of the idiosyncratic tearjerker from director Alfonso Gomez-Rejon, who dedicated the audience award to all the filmmakers and artists in his hometown of Laredo, Texas. Nick Offerman, Connie Britton, and Molly Shannon also star.

"My love goes out to the entire cast and crew," said Gomez-Rejon. "This movie was about processing loss, but really to celebrate a beautiful life and a beautiful man, which is my amazing father ... to celebrate his life through humour."

The Wolfpack, Crystal Moselle's documentary about six movie-loving teenage boys isolated from society, picked up the grand jury prize for best documentary. "I stalked these kids on the street one day and here I am," said Moselle.

Comedian Tig Notaro, whose documentary Tig premiered at the Festival, hosted the ceremony. She also told the audience that she used to volunteer at the Festival in the mid-'90s.

The 31st Sundance Film Festival wrapped Sunday.

THE ASSOCIATED PRESS

Quoted

"This movie was about processing loss, but really to celebrate a beautiful life and a beautiful man, which is my amazing father ..."

Director Alfonso Gomez-Rejon on Me and Earl and the Dying Girl

DVD review

John Wick

Director. Chad Stahelski, David Leitch

Stars. Keanu Reeves, Michael Nyqvist, Alfie Allen

They took away his car, a classic 1969 Mustang.

They killed his dog, the world's cutest puppy.

Whoa! They should have known better than to light John Wick's fuse. Summon the mop-up crew and the body bags.

Ladies and gentlemen, there you have the entire plot of John Wick, Keanu Reeves' latest action film and hero, his best shot in ages at creating a new franchise. It also features one of the highest body counts he's ever amassed.

Reeves plays a hit man so ruthless, some people call him "the Bogeyman." Others call him the guy who whacks the Bogeyman.

The brutes he's targeting for payback are spectacularly stupid. They're led by Iosef Tarasov (Game of Thrones' Alfie Allen), bratty son of New York's Russian crime kingpin Viggo Tarasov (Michael Nyqvist), who is of two minds about the whole affair. He doesn't like being in Wick's crosshairs, but his son really is a nuisance.

This movie is so over the top, you can't track it on radar.

Extras include commentary by co-directors Chad Stahelski and David Leitch and making-of featurettes.

PETER HOWELL

Kick some zombie butt, navigate your way through the opening of a new motorcycle club chapter and lose yourself in a dark journey

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Video game

Name. Dying Light

For. PS4/Xbox One/PC

Rated. Mature 17+

Zombies are poor climbers and so unlikely to follow if you parkour over fences, buildings, and rooftops. In Dying Light, the only alternative is to crudely bludgeon them with pipes, which is very tiresome, so evasion is key, especially when night falls and the super undead come out to hunt. Sadly, these night sequences are short and every upgrade moves you more towards close combat instead of better cat-and-mouse scenarios with the undead.

App

Sons of Anarchy: The Prospect

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You must choose your own path through this interactive cinema story of a new motorcycle club chapter where your every action and formed relationship leads to tense and compelling consequences.

Ebooks

Trigger Warning

By. Neil Gaiman

Kindle/iBooks/Kobo

Trigger Warning is an Internet term used to identify web links that may lead to unsettling content and indeed this collection of strange and intriguing poems, adventures, and remembrances all unfold with nightmarish costs. Even when David Bowie, Sherlock Holmes, and Dr. Who make appearances, dark surprises await. I can only warn you that it's terribly, delightfully good fun.

Streaming. What to put in the queue this month

The Underwoods are back at the end of the month. CONTRIBUTED

We're now in the depths of winter, so there's no better time to queue up some entertainment on the old streaming services.

Without further adieu, here's what's coming up on Netflix Canada, Shomi and CraveTV this month:

The third season of the acclaimed political drama House of Cards hits Netflix at the end of the month with 13 new episodes to stream. Premieres Feb. 27.

A day after debuting online for Amazon Prime customers in the U.S., the new crime drama Bosch will launch on Bell's CraveTV. Titus Welliver (Sons of Anarchy, Argo, Lost) stars as homicide detective Harry Bosch, the lead character in a series of books written by Michael Connelly. Premieres Feb. 14.

New this month on Shomi — which can be accessed by some Rogers and Shaw customers — is Outlander, a time-traveller period piece about a Second World War-era nurse who is transported back in time to 1743. Entertainment. Premieres Feb. 13.

THE CANADIAN PRESS

To do, or not to do, during flu season

Staying healthy. Taking care of yourself and those around you is key to kicking seasonal viruses

JACQUELINE KOVACS
For Metro

Felled by the flu or suffering through a nasty cold? Don't even think about dragging yourself through your daily routine.

"Taking a step back and taking care of ourselves, for most people, can shorten the length of time they feel unwell," said Dr. Lisa Graves, chief of the department of family and community medicine for Toronto's St. Michael's Hospital. "It's probably one of the best things that people can do."

But it's not the only one. Here are Graves' dos and don'ts for getting through a bad cold or flu.

Do stay hydrated

Getting enough fluids is always a good practice, but it's even more important when you are battling a seasonal cold or flu. "Very often, these episodes come with fever, diarrhea or vomiting," Graves said. "People can get dehydrated and that can make you feel even worse." So fight back with fluids — water, juice and herbal teas are all good choices, as is good old chicken soup.

Do get lots of rest

Busy may be the new black, but it won't help you heal. "It can be difficult to find the time to rest, but it is the body's opportunity to recuperate," Graves said.

Do keep on exercising — or don't

Should you exercise when you are sick? "This is something I get asked about a lot," Graves said. And her answer is a qualified yes. "If you feel well when you're exercising, then there's probably no harm." But that is assuming you have no difficulty breathing and that your routine is not causing you extra challenges. "If you're having issues with breathing, then running outside in the cold is probably not a good idea," she said. "When you're sick, it's not the time to push yourself over the limit."

If you aren't feeling well, do your co-workers a favour and stay home so you're not spreading the virus. SHUTTERSTOCK

Do keep it clean

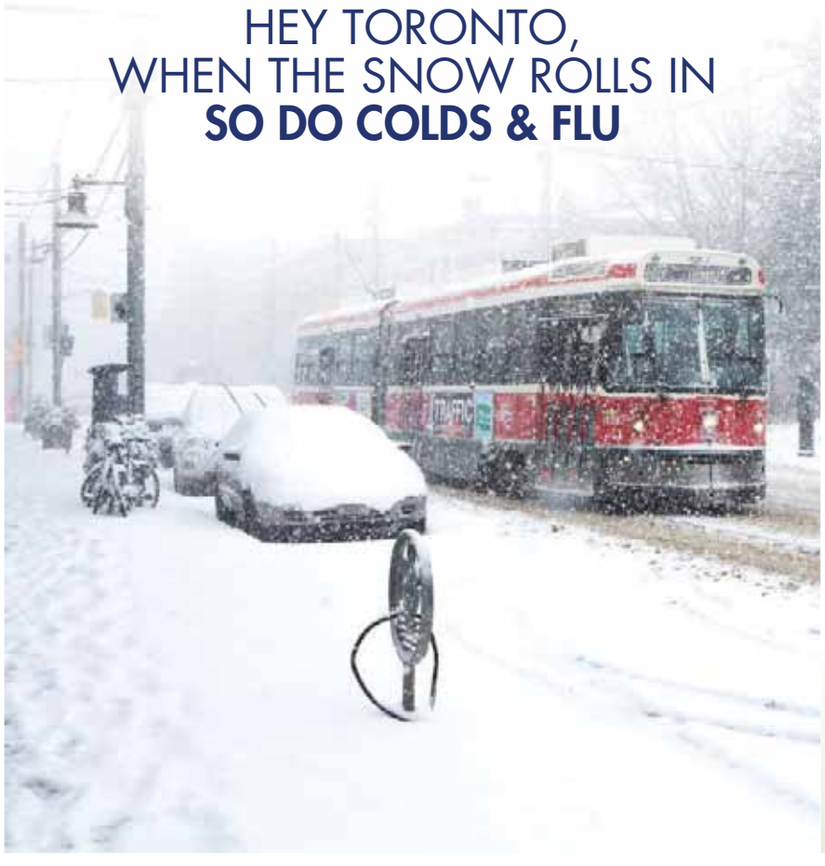
Washing your hands is one of the most effective ways of curbing the transmission of viruses. "Handwashing is really helpful in not spreading a virus to others in your household," Graves said.

Don't go to work

If you are feeling lousy and coughing like mad, why would you share that misery with your colleagues and, if you take transit, harmless strangers on your commute? "If they're not well, I encourage my patients to stay home," Graves said.

Don't be fooled

Over-the-counter medications are great for short-term symptom management, but that's about it. "An illness has to run its course," Graves said. "In the short term for symptom relief, over-the-counter remedies are great, but they won't shorten the length of time of the illness."



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Stumped by the ways to save

Planning. Should you pick an RRSP, TFSA or a combination of the two? Gail explains why the choice can be baffling

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

If you have a low income and it's taking almost all your money just to make ends meet, then a TFSA is a better bet. ISTOCK

One of the financial goals that inevitably floats to the top of the list is saving more money. It's a good goal. But there are so many different vehicles you can use to save that sometimes the choices become the barrier to saving.

At the height of RRSP season you'll no doubt hear the seven, nine and 11 best reasons to use an RRSP. But is it a good choice for you? Ever since the Tax Free Savings Account (TFSA) came on the market, this is the big question.

The RRSP's big benefit isn't just as a savings vehicle, it's also as a way to save on taxes now because of the tax deduction. You can contribute up to 18 per cent of your earned income in 2014, to a maximum of $24,930 for 2015.

Most people don't come anywhere close. But if you made an income of $60,000 in 2014 and put $10,800 into an RRSP in 2015 (at a 30 per cent marginal tax rate), you'd reduce your taxes from $11,686 to $8,322, for a savings of $3,364 on your taxes. Wouldn't you rather keep that $3,364 to use to meet your goals?

The contribution limit for a TFSA for 2015 is $5,500. Put $5,500 a year in a TFSA at an average return of four per cent over 30 years and you'll have over $319,000, $154,000 of which you didn't have to bust your butt to earn.

Put $5,500 a year into an RRSP and reinvest the tax refund you get (assuming you're paying tax at 30 per cent) in a TFSA and, all things being equal, you'll have an extra $93,000, which is the compounded return on the tax savings you put in the TFSA.

If you have a low income and it is taking almost all your money just to make ends meet, then if you decide to save a little somethin' somethin', a TFSA is a better bet. If you're going to be able to make do with the income CPP and OAS provide, then squirrelling away whatever you can manage in a TFSA makes way more sense.

And if you're going to have an income that lets you qualify for the Guaranteed Income Supplement, then using a TFSA will also work better for you. Ditto if you're well into your career and still have a low tax rate.

Claiming a deduction for an RRSP contribution when your taxes are low, piling up a stash of cash, and then paying more in tax when you cash out at retirement makes no sense. If you think you'll likely always be at the lowest tax rates then you should stick with a TFSA.

However, if you expect that over time your income and tax rates will increase, an RRSP will save on taxes big-time. You don't have to claim the deduction in those early years. Make your RRSP contribution but hold the deduction for when your taxes are higher and you'll get a bigger refund. You can then use the taxes you save to fund your TFSA contribution. Or perhaps, by then you'll have other priorities like paying down your mortgage or funding an RESP for your kids.

If you're close to hanging up your spurs, and you haven't made any RRSP contributions so far, go with a TFSA. The same holds true if you've got a great pension plan at work since having a whack of taxable income in an RRSP will be less than optimum come retirement time. If you're concerned about losing your OAS to the clawback, go with a TFSA instead of an RRSP.

For virtually everyone else an RRSP is an awesome idea. Don't be confused by all the blah blah blah into thinking you won't benefit from an RRSP because the income you take out is taxable. Remember, you didn't pay any tax on the money that went into the RRSP (unlike the money that went into a TFSA). So to put $5,500 into an RRSP you need gross only $5,500, but to make the same contribution to a TFSA you'd have to have earned $7,150 in pre-tax income (at a 30-per-cent tax rate).

I believe an RRSP is still the single best way to save for retirement. I've had my RRSP since I was 22 years old and I'm damn glad I had some foresight and started contributing early. Sure, there were years when I barely made a contribution, but as my income and spending needs changed I shifted my contributions to make the RRSP work for me. And as soon as the TFSA became available, I started putting money into one.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

Quoted

I believe an RRSP is still the single best way to save for retirement. I've had my RRSP since I was 22 years old and I'm damn glad I had some foresight and started contributing early.

Which is best?

For some it is an either/or game. The people who most benefit from choosing a TFSA:

- Have a low income/low tax bracket
- Are banking on CPP, OAS and the GIS
- Are close to retirement and haven't saved much
- Have a great work pension plan

For everyone else, an RRSP or a combination of RRSP/TFSA means you'll have more money when you decide to hang up your spurs.

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A sweet, glazed twist on a lunch classic

Recipe. This salmon sandwich gets a boost from sweet rice vinegar, miso paste and a little zip from wasabi, lemon juice

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

This recipe serves four. ROSE REISMAN

Nutritional information

Per serving

• **Calories.** 470	• **Total fat.** 20 g
• **Carbohydrates.** 41 g	• **Saturated fat.** 3.5 g
• **Fibre.** 3 g	• **Cholesterol.** 5 mg
• **Protein.** 29 g	• **Sodium.** 610 mg

Ingredients

- 3 tbsp mirin or sweet rice vinegar
- 1 tbsp light miso paste
- 2 tbsp brown sugar
- 2 tsp toasted sesame seeds
- 1 lb skinless salmon fillet sliced lengthwise into 4 pieces
- 1/3 cup light mayonnaise
- 1 1/2 tsp wasabi paste
- 1 1/2 tsp lemon juice
- 4 (3 oz) baguette rolls, sliced in half
- 1/2 small ripe avocado, sliced thinly
- 16 round slices thinly cut English cucumber

Whether you've got leftovers or are cooking up a freshly baked salmon, both options make for either a great warm or cold sandwich with an Asian twist. The mirin and miso glaze is a perfect match for this dish. One way I cut calories is to take a sandwich baguette and remove the bready stuffing.

Directions

1. Preheat the oven to 425 F. Line a baking sheet with foil and spray with vegetable oil.

2. Place the mirin, miso, sugar and sesame seeds in a bowl and combine.

3. Brush the skinless salmon fillet pieces with half the mirin mixture and bake for 10 minutes per inch of salmon thickness. Once cooked, flake the salmon into smaller pieces and mix with remaining mirin mixture.

4. In bowl, combine the mayonnaise, wasabi and lemon juice. Spread this mixture over baguette halves. Top with salmon mixture, add sliced avocado and cucumber slices, and place other baguette half over top.

Make it a date night with spinach and pomegranate juice

Ingredients

- 6 cups baby spinach
- 4 fresh dates, pitted and sliced in half
- 1/3 cup thinly sliced red onion
- 1 peeled orange sliced into 6 rounds
- 1/4 cup toasted sliced pecan halves

Dressing

- 3 tbsp pomegranate juice
- 1 1/2 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 1/2 tsp honey

Fresh dates are a delicacy and so well worth using to highlight a salad. They are insanely sweet and have a soft caramel-like taste. You can store them in an airtight container in the refrigerator for up to eight months or in the freezer up to a year. Pomegranate juice is a little sweet and tart, and also contains loads of antioxidants. Be sure to buy pure and not sweetened for this recipe.

Directions

1. Place the baby spinach on a large platter. Add the pitted dates, thinly sliced red onions, orange slices and toasted pecans.

2. In a small bowl, combine the pomegranate juice, oil, vinegar and honey. Pour on top of salad. ROSE REISMAN

This recipe serves six. ROSE REISMAN

I thought hilarious and they thought hurtful

OFFICE SPACE
Eleni Deacon
life@metronews.ca

Remember that not everyone you work with shares your particular sense of humour. Mind the more sensitive souls. ISTOCK

Dear Metro,
I pride myself on being the most hilarious person at my office. I consider myself an amateur insult comic: my style is dry, observational humour. However, I recently made a joke that apparently went "too far." What I thought was a hysterical jab at a colleague's sweater was deemed "mean." I don't want to give up my comedy, but I also don't want everyone at work to hate me. How can I walk this fine line?
— They Just Don't Get It

Dear TJDGI,
Do your co-workers not "get it," or would they rather not be heckled while they work? You may think you missed out on a career slinging jibes in dark basement clubs and they may think you're unprofessional.

Since you're a comedian, hone your timing. Envelope-pushing jokes might get a very different response during after-hours beers than middle-of-the-afternoon meetings. Audience is also important: While your sweater-wearer wants you to leave their knits alone, other colleagues might dig your so-honest-it-hurts approach.

Either way, be very careful with your material. The office is no place to workshop edgy (read: offensive) topics, unless you want your next audience to be HR.

You don't have to shut down your jokes, but you do need to be careful about when and whom you roast. It's true that funny co-workers are usually beloved. Not so loved: Co-workers who think they're funny, but aren't.

Dear Metro,
I was abruptly let go from my last job when my company downsized. And while I've found a new position that I really like, I can't shake the irrational fear that history will repeat itself. With every typo or slight miscommunication, I worry that I'm going to get fired. It's really getting exhausting. I really want to start feeling like myself around the office again. How can I chill?
— Pink Slip Paranoia

Dear PSP,
To scrap your anxiety, acknowledge its source. Your fears aren't irrational; they're founded in a very real and unpleasant prior experience. Although there's currently no threat of the sack, it makes sense that your nerves are racked.

Next time a teensie mistake inflates into a blimp-sized freak-out, remind yourself that your worries are rooted in your past, not your present.

A typo is not grounds for termination, and your new employer likely understands that you're on a learning curve.

Even if you think your previous dismissal was linked to your performance — not just restructuring — you now have the opportunity to boost your game. Instead of fretting over little fumbles, focus on honing your work.

Regardless of your history, it can take a while to get comfortable in a new workplace. Be patient as you grow accustomed to your present gig. With time, your worries will get downsized — not you.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

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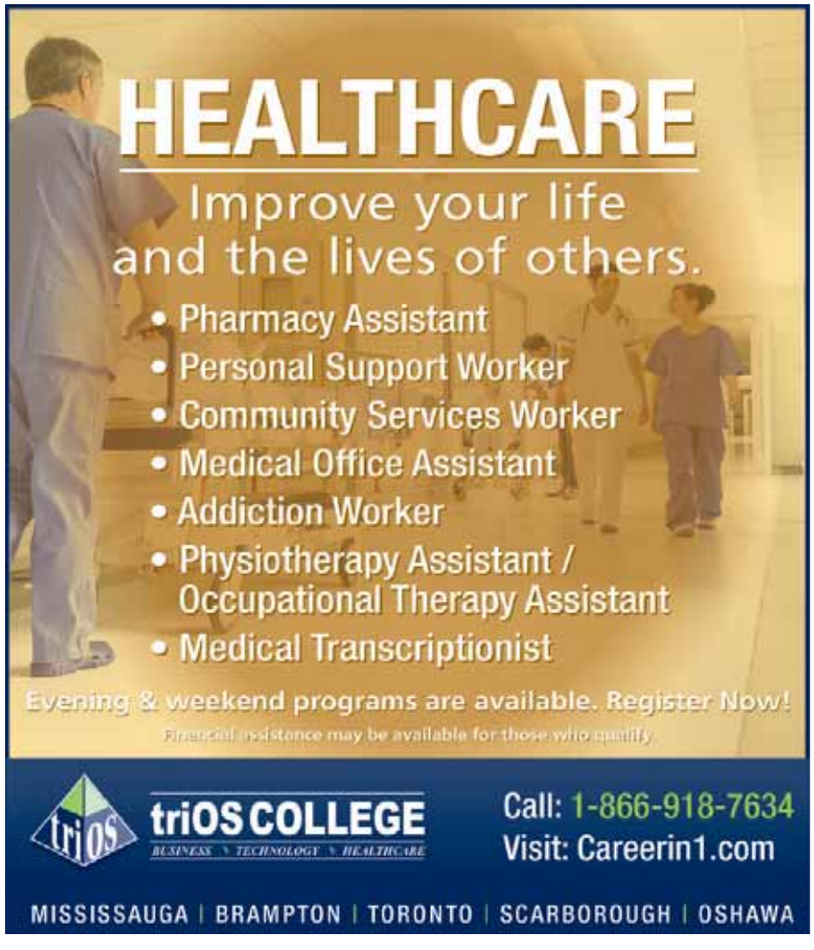
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BLACK HISTORY MONTH

Power of personal stories

Passages Canada speakers' program

Michael Farkas shares personal stories at a Passages Canada event last February in Montreal. CONTRIBUTED

Clement Ndiaye speaks at a Passages Canada event last February in Montreal. CONTRIBUTED

When the federal government declared the first nationally recognized Black History Month in February 1996, it created opportunities for all Canadians to honour and remember black heroes, leaders and achievers.

"Sharing stories of cultural heritage builds understanding, empathy and connections," says Hannah Reimer, a volunteer speaker with Passages Canada.

Reimer looks forward to more speaking engagements this month before elementary, high school and community group audiences.

Born in Swaziland, Reimer says she values "Black History Month because it keeps the struggles and successes of those who came before, fresh in my mind. It reminds us of where we've been and how far we've come."

The Passages Canada speakers' program is part of Historical Canada, an organization dedicated to increasing awareness of Canadian history and citizenship. More than 200 speakers of African, Caribbean and black heritage will share their stories of identity, culture and heritage with new and established Canadians across the country this month.

"This free program addresses the power of personal stories," says Calina Ellwand, Passages Canada's program co-ordinator of the popular program, which seeks speakers on a variety of subjects. "Speakers recognize they're providing audiences with an opportunity to learn something new and something that has not been well-documented."

Black studies Prof. Dr. Afua Cooper and her colleagues recognize the need for discussion about the black community's past, present and future. This May 21-24, the second biennial Black Canadian Studies Association Conference takes place in Halifax at Dalhousie University, wher delegates will examine ways to ignite black leadership in Canada.

"The long history of black people in Canada has been shaped by a struggle for recognition," says Cooper, chair of the Black Canadian Studies Association. "It's imperative that we analyze the state of black Canadians across Canada and generate strategies for the future."

– Heather Beaumont

Nelson Mandela

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WORDS HELP BRIDGE PAST, PRESENT

Just as the phrase "lest we forget" is associated with Remembrance Day, "yes, we forgot" could be the tagline for Black History Month. The annual celebration was created to promote, preserve and commemorate Canadian black history, a history that has been routinely buried and erased.

In ancient times, African history was preserved by the griot (pronounced gree-oh), an individual best described as a historian-storyteller.

"Griots were people that documented the history of a people or of a place and recited the history back to the people through oral tradition," said Toronto-based spoken word artist Komi Olafimihan.

"They're like a bridge between what has come before and what is happening now," said spoken word artist Motion. "The griot also entertains by catching the ears of those who listen."

And just as the original griots bridged the gap between the past and the present, so do modern griots like Olafimihan and Motion.

Olafimihan was born in Nigeria and moved to Canada when he was 17 years old. When he arrived in Canada, he made an effort to get involved in Black History Month, however, he noticed that many people complained about the repetitiveness of black history celebrations.

Spoken word artists Komi Olafimihan, left, and Ian Keteku incorporate visual arts into their performances. JAMES PARK PHOTO

"I personally took that as a challenge to look for ways that we can integrate black history and make it engaging," Olafimihan said. "I try to take things that have been going on in the past, our history, and try and project them more into the future."

The griot has evolved over millennia and Motion and Olafimihan are at the forefront of the ever-evolving craft.

Motion also wears the hat of emcee, writer and playwright, while Olafimihan is a visual artist who sometimes incorporates his painting into his spoken word performances.

"I think that griot culture has also continued in being very multi- and interdisciplinary," Motion said. "We have everything from the blending of theatre, music, film, performance, poetic installations. So there are so many different ways that this storyteller has and continues to disseminate their words as well as information."

Komi Olafimihan is a master craftsman who blends past and present to preserve and promote his history and message of love. NISAHOTT PHOTO

Komi Olafimihan is a visual artist who sometimes incorporates his painting into his spoken word performances. CONTRIBUTED

Canadians can rest assured knowing that a new wave of griots are bridging the gap between ancient traditions and modern advancements to ensure that black history continues to be documented and remembered.

You can catch griots in action at:

- Through Generations, Wednesday at 7 p.m., at Daniels Spectrum (585 Dundas St. E.). This event is free.
- The Toronto Poetry Slam, Feb. 21, at 7 p.m., at the Drake Hotel. Tickets are $5.

– Septembre Anderson

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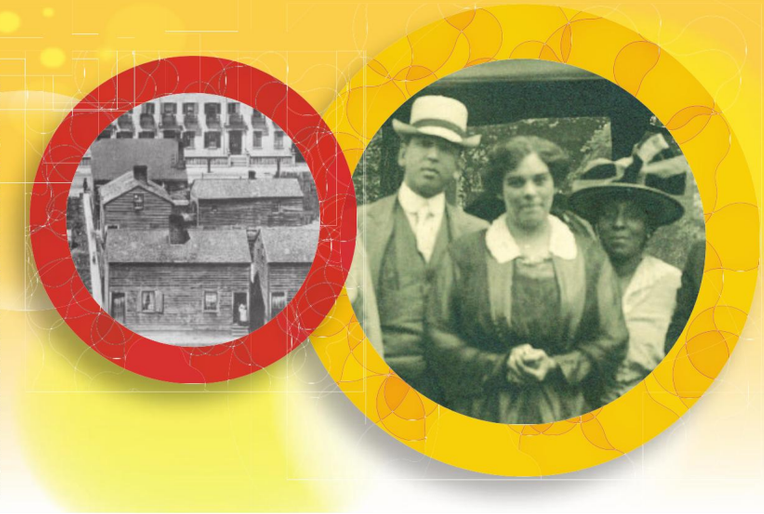
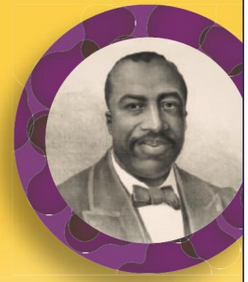


Left to right: Detail: Armstrong, Beere & Hime. Panorama of the City of Toronto 1857. Library and Archives Canada; Photograph of Anderson Ruffin Abbott and the William Peyton Hubbard family, Anderson Abbott papers, 590, Toronto, ca 1900; The Black Knight, Poster, 1902.

With research and contributions from historians and authors **Karolyn Smardz Frost** and **Afua Cooper**



In concert with the gala opening of the TD Gallery exhibit: Freedom City, *Toronto Star*'s Royson James hosts a panel discussion with historian Karolyn Smardz Frost and Karen Carter, Executive Director, Heritage Toronto.

Monday, February 9, 7 pm
Atrium, Toronto Reference Library

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Celebrating black culture across the country

The TD Then & Now Black History Month Series showcases artists representing more than 15 countries from Africa, the Caribbean and Europe.

"Our exciting slate of programming is a vibrant reminder of the many ways Canada continues to be nourished and enriched by the contributions of African Canadian artists and those from the African diaspora," says Karen Carter, board chair and Black Artists' Networks Dialogue (BAND) co-founder.

BAND supports and showcases black artists both globally and in Canada. BAND also partnered with the TD Bank Group to produce the TD Then & Now Black History Month series.

"The series has become one of the most prominent cultural celebrations in Canada," says Alan Convery, director, community relations, TD Bank Group. "Since we began supporting this innovative series eight years ago, TD's goal has been to help established and emerging artists further develop black arts and culture and to celebrate the many accomplishments of black Canadians past and present."

TD THEN & NOW SERIES

More than 50 multidisciplinary projects will be showcased in Vancouver, Calgary, Toronto, Ottawa, Montreal and Halifax. Events include free and paid programming for children and adults in French and English. The TD Then & Now Black History Month Series is presented by Black Artists' Networks Dialogue (BAND) in partnership with the TD Bank Group and runs from February to March 6.

2015 events include:

- Vancouver — Africa Fête Festival is a three-day celebration of music, dance, food and film with established and emerging artists.
- Calgary — The Revolution Will Be Televised, a multidisciplinary event incorporates Sean Dennie's photography, vocal and guitar boot camps and a cultural program celebrating Alberta's finest black artists.
- Toronto — The Power Plant Contemporary Art Gallery presents The Unfinished Conversation — Encoding/Decoding about the advancement of artists from the Black Diaspora.
- Ottawa — Here & There Our Musical Roots showcases the influence of drums, vocal chants, arts and dance on modern music.
- Montreal — The Massimadi Film Festival features recent LGBT-themed films and documentaries starring members of the African and Caribbean communities.
- Halifax — Charles Taylor Theatre & Media Arts Association presents The Colour Purple musical.

For more information, visit band-rand.com.

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TD

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SPORTS 4

Pats deny Seattle repeat

Super Bowl. Nail-biting fourth quarter 'ends' in goal-line interception, after a 10-point New England rally

Seattle Seahawks wide receiver Ricardo Lockette, centre, reacts after New England Patriots strong safety Malcolm Butler, with the ball, intercepted it with 20 seconds to go in the fourth quarter as New England led 28-24 on Sunday, in Glendale, Ariz. CHARLIE RIEDEL/THE ASSOCIATED PRESS

Tom Brady and the Patriots made this Super Bowl all about football, not footballs.

Clutch football, spiced by a sensational fourth-quarter rally and a goal-line, game-saving interception.

The record-setting Brady threw for four touchdowns, including a three-yarder to Julian Edelman with 2:02 remaining Sunday night as New England rallied from a 10-point deficit to win its fourth Super Bowl in the Brady-Bill Belichick era, 28-24 over Seattle.

But the Patriots (15-4) had to survive a last-ditch drive by the Seahawks (14-5), who got to the 1, helped by a spectacular juggling catch by Jermaine Kearse. Rookie Malcolm Butler stepped in front of Ricardo Lockette and picked off Russell Wilson's off-target pass to complete one of the wildest Super Bowl finishes.

Brady surpassed Joe Montana's mark of 11 Super Bowl touchdown passes with a five-yarder to Danny Amendola to bring the Patriots within three points.

Seattle, seeking to become the first repeat NFL champion since New England a decade ago, was outplayed for the first half, yet tied at 14. The Seahawks scored the only 10 points of the third period, but the NFL-leading defence couldn't slow the brilliant Brady when it counted most.

It didn't matter how much air was in the balls, game MVP Brady was unstoppable when the pressure was strongest.

Sunday night

Patriots	Seahawks
28	24

While pushing aside the controversy over air pressure in the footballs stemming from the AFC title game, the Patriots toyed with Seattle in the final 12 minutes.

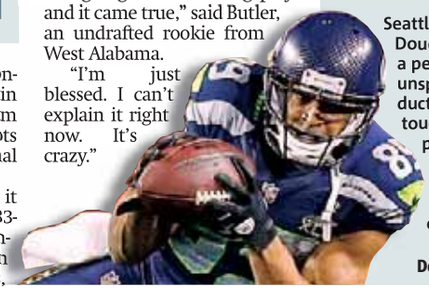
Seattle didn't quit — it never does — and Kearse's 33-yard catch with 1:06 remaining got it to the 5. Marshawn Lynch rushed for four yards, then backup cornerback Butler, who was victimized on Kearse's reception, made the biggest play of his first NFL season with 20 seconds remaining.

"I just had a vision that I was going to make a big play and it came true," said Butler, an undrafted rookie from West Alabama.

"I'm just blessed. I can't explain it right now. It's crazy."

Brady now has equaled Montana for Lombardi Trophies and Super Bowl MVPs (three). He stands alone with 13 Super Bowl touchdown passes. He was 37 for 50 for 328 yards against the NFL's top-ranked defence. THE ASSOCIATED PRESS

No. 2 in more ways than one



Seattle wide receiver Doug Baldwin drew a penalty flag for unsportsmanlike conduct after catching a touchdown pass to put the Seahawks up two scores in the Super Bowl. Why? Something of a mystery to television viewers.

- But it appeared to have been an obscene gesture; Baldwin apparently simulated pulling down his pants over the football as if to go to the bathroom.
- He was flagged for a 15-yard celebration penalty.

Doug Baldwin THE ASSOCIATED PRESS

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NBA. Streaking Hawks lay talons on league history

After a far-from-perfect performance, the Atlanta Hawks head into February with the NBA's best record and savouring a bit of NBA history as the first team to go 17-0 within a calendar month.

The Hawks stretched their overall winning streak to 19 straight with a gritty 91-85 victory over the Philadelphia 76ers on Saturday night, blowing a 21-point lead and actually falling behind late in the game.

In the end, it was yet another triumph for a team that hasn't lost since the day after Christmas.

"We are a resilient group," all-star centre Al Horford said.

According to STATS, the Hawks (40-8) are the first team in NBA history to win 17 games without a loss over a single month. Four teams have put together a 16-0 mark, most recently the eventual NBA champion San Antonio Spurs last March.

Also, the 19-game streak is tied for the fifth-longest within a season. The Hawks will travel to New Orleans on Monday night looking to make it 20 in a row, which would match the 1970-71 Milwaukee Bucks. The only longer streaks in NBA history were by the 1971-72 Los Angeles Lakers (33 in a row), the 2012-13 Miami Heat (27), and the 2007-08 Houston Rockets (22). THE ASSOCIATED PRESS

Quoted

"We're confident in one to 15 here. Guys really put in the time. Guys work every day."

Hawks centre Al Horford on the team's roster depth

Premier League. Arsenal obliterates Aston Villa

The fight for Champions League qualification from the Premier League intensified Sunday, with Arsenal dismantling Aston Villa in its biggest win of the season and Southampton surrendering third place after a surprise home loss to Swansea.

Mesut Ozil and Theo Walcott — starting their first league games after long injury lay-offs — were among Arsenal's five different scorers in a 5-0 win at Emirates Stadium, continuing the free-scoring form of Arsene Wenger's team and leaving relegation-threatened Villa with an unwanted record.

For the first time in its 141-year history, Villa has gone six league games without a goal.

Mesut Ozil scored a goal in his return to league action. PAUL GILHAM/GETTY IMAGES

Arsenal stayed fifth but is now level on points with Southampton, which failed to translate its dominance into goals before being caught out by Jonjo Shelvey's 83rd-minute shot in a 1-0 defeat. THE ASSOCIATED PRESS

NHL

Coyotes earn comeback win

Lauri Korpikoski scored two power play goals and Louis Domingue got the win in his first NHL start as the Arizona Coyotes posted a comeback 3-2 win over the Montreal Canadiens on Sunday afternoon.

Oliver Ekman-Larsson also scored for the Coyotes (18-26-3).

Domingue finished with 18 saves. THE CANADIAN PRESS

NHL

Steen leads Blues past Capitals

Alexander Steen had two goals and an assist, Brian Elliot stopped 33 shots, and the streaking St. Louis Blues held on to defeat the Washington Capitals 4-3 on Sunday afternoon.

The Blues have won five straight and 10 of 11.

Washington's Alex Ovechkin scored twice, giving him a league-leading 31 goals. THE ASSOCIATED PRESS

Novak Djokovic won his fifth Australian Open on Sunday while Andy Murray placed second in the Grand Slam for the fourth time. BERNAT ARMANGUE/THE ASSOCIATED PRESS

Djokovic on top again Down Under

Tennis. Serb thwarts Murray for the third time in final of Australian Open

This was one occasion where Novak Djokovic couldn't really empathize with Andy Murray, his long-time friend.

As he prepared to receive the trophy for the Australian Open winner for a fifth time in five trips to the final at Melbourne Park, Djokovic turned to Murray late Sunday and offered his congratulations on his friend's recent engagement.

Nice segue. Murray — to set the record straight — had just lost an Australian Open final for the fourth time, including three at the hands of Djokovic. Murray won the U.S. Open in 2012 and Wimbledon in 2013 to end decades-long droughts at the majors for British men, but was clearly upset at his inability to crack it in Melbourne.

"I wish you a wonderful wedding and many kids," Djokovic said, kicking off his trophy acceptance speech.

Murray smiled. His fiancée, Kim Sears, applauded from her seat.

"It's slightly different thinking for me now since I became a father and a husband," explained Djokovic, who won in four sets 7-6 (5), 6-7 (4), 6-3, 6-0. "I apologize for changing the subject."

His outlook on life had changed between his two most recent trips to Australia. He married longtime partner, Jelena, and the couple had a son, Stefan, in late October.

Djokovic now has eight major titles, including his five in Australia, where he won his first Grand Slam title in 2008 and then won three straight from 2011 before losing in the quarterfinals last year to Stan Wawrinka. The 27-year-old Serbian is now second on the list of all-time Australian Open winners. THE ASSOCIATED PRESS

Other championship matches

- Serena Williams' win — 6-3, 7-6 (5) — in the women's final Saturday night against Maria Sharapova gave the 33-year-old American a sixth Australian and 19th Grand Slam title.
- Toronto's Daniel Nestor and partner Kristina Mladenovic were dethroned as Australian Open mixed doubles champs on Sunday, losing the final to Martina Hingis and Leander Paes 6-4, 6-3.

Brooks Koepka GETTY IMAGES

Koepka earns first PGA Tour title

With an eagle putt that looked as long as his golf journey around the world, Brooks Koepka surged into the lead and stayed there Sunday with a 5-under 66 to capture the Phoenix Open for his first PGA Tour victory.

Lingering for most of the final round, Koepka holed a 50-foot eagle putt from the fringe on the 15th hole and didn't make any mistakes the rest of the way.

The victory ended a long, arduous road for the 24-year-old from Florida. With no status in America, Koepka played the Challenge Tour in faraway lands like Kazakhstan and Kenya, winning four times to earn his European Tour card and then validating his status as a rising star by winning the Turkish Open last year.

But winning at home brought the strongest validation. "It feels amazing," Koepka said after his one-shot win over Hideki Matsuyama, Masters champion Bubba Watson and Ryan Palmer. Graham DeLaet was the top Canadian in the tournament finishing in a tie for seventh spot. THE ASSOCIATED PRESS

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You'll be asked to give your opinion on a controversial topic today, and you must be honest about what you think.

♉ Taurus
April 21 - May 21
Put your own needs first over the next few days, because if you don't you'll lose out to people who are not as deserving of success.

♊ Gemini
May 22 - June 21
The coming week will be a time of great activity. You know what you want, you know where to get it — now you must find the confidence to reach out and take it.

♋ Cancer
June 22 - July 23
If you help someone in need today it will make both of you feel better. But why help one person when, by joining some kind of charitable movement, you could help thousands?

♌ Leo
July 24 - Aug. 23
Stop dreaming about what you'd like to do and start doing it. It doesn't matter how far-fetched your dream is. If you start working towards it, one day it will come true.

♍ Virgo
Aug. 24 - Sept. 23
Are you inspired by other people's successes, or do they make you envious? Either way it can motivate you to do more yourself. This can be a time of real achievement.

♎ Libra
Sept. 24 - Oct. 23
Anyone who thinks they know you will be mightily surprised today as you do the opposite of what they expect.

♏ Scorpio
Oct. 24 - Nov. 22
If someone gets aggressive in their attempts to sell you something you don't want, be it an object or an idea, be a bit aggressive back at them.

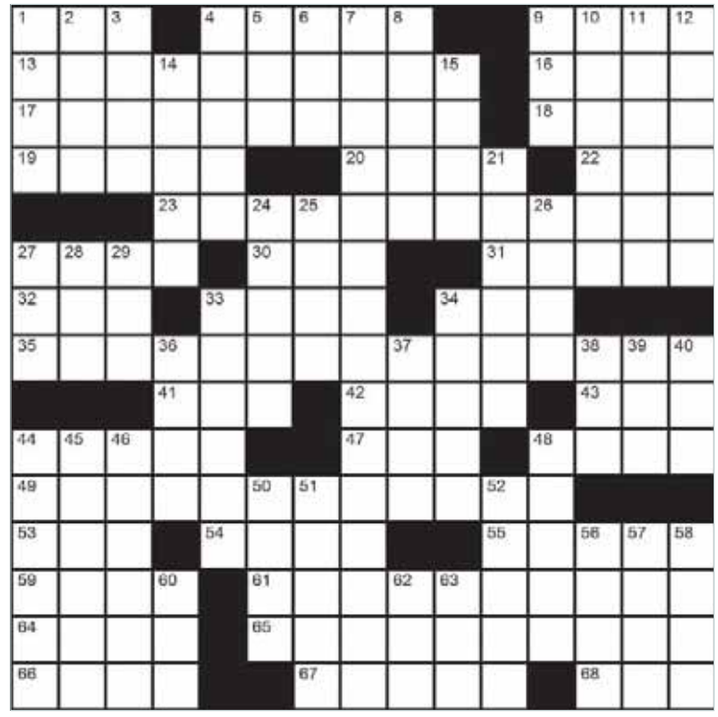
♐ Sagittarius
Nov. 23 - Dec. 21
There seems to be a lot of tension in your dealings with other people at the moment, both in your personal affairs and at work. The good news is that tension can be creative.

♑ Capricorn
Dec. 22 - Jan. 20
Something unexpected will knock you out of your stride today and you will find it hard to get your rhythm back. It may be frustrating but don't make a big issue out of it.

♒ Aquarius
Jan. 21 - Feb. 19
There is nothing you cannot do, no challenge you cannot handle. If you are a typical Aquarius you will seek out situations that test you to the limit over the next few days.

♓ Pisces
Feb. 20 - March 20
If someone annoys you today just turn your back and walk away. If you allow yourself to get drawn into an argument you will get angry and say things you might regret.

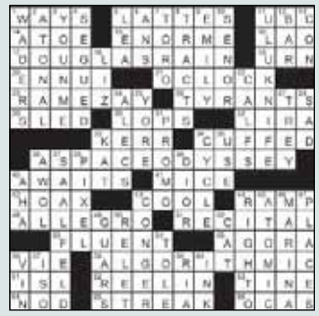
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. "... and now, without further __..."
4. Toast's border
9. Daisy's optimistic pal
13. Twice yearly
16. Half, as in music
17. Actor born in Kirkland Lake, Ontario: 2 wds.
18. "En garde!" blade
19. Glacial ice block
20. "For __ _ jolly good fellow..."
22. Split __ (New Zealand band)
23. "Why so interested?": 4 wds.
27. 1975 War hit: "Why Can't __ __ Friends?"
30. "Fabulous!"
31. Hair lock
32. Alphabetic trio
33. River to the Rhine (var. sp.)
34. La __, city of Bolivia
35. Rihanna's latest tune, a collaboration with Kanye West and Paul McCartney
41. Lunch time, little-ly
42. Hi-__ (Electronically advanced)
43. Not in style
44. Step
47. Body of water
48. Ashen
49. Bit of #35-Across: "I'm just tryna make it back home by __ __..."
53. Evita's land, briefly
54. 2015
55. Grace
59. "Ten-four" sayer
61. Library of __ (Described as Canada's "most beautiful room")
64. The Guess Who bassist Jim
65. Slowly burned
66. Procedure/method (abbr.)
67. __ cheese
68. Endings for many Y-ending words when plural

Down
1. Botanist Mr. Gray's
2. Remove, to a proofreader
3. Mr. Sharif
4. __ a cold
5. Monogram of Burnaby-born Edmonton Oilers player who wears #93
6. Prefix with 'cycle'
7. What parting is in Romeo and Juliet: 3 wds.
8. Star Trek star George
9. Feminine 'one' in French
10. Comical sailor
11. Secretaries skilled at shorthand, shortly
12. 2013 Kanye West album
14. Floored: 2 wds.
15. For fear that
21. Affix
24. Anticipate
25. Actress Anna
26. Rice-shaped pasta
27. Panda symbol org.
28. Prefix to 'skeleton'
29. Sch. in Provo, Utah
33. Fracas
34. Nut type
36. Viking operation
37. Nostradamus, for one
38. Agatha Christie novel, _ __ M?
39. Scheduled
40. Pig's pen
44. __ one's lips (Really enjoys that meal)
45. Newfoundland town near St. John's
46. God's helpers
48. Garden guy
50. "Uh-huh." [pl.]
51. Ladies
52. Apple tablets
56. Yesterday, in Italy
57. Snick-or-__
58. Puny plane postings
60. Finished with work [abbr.]
62. Him, in Montreal
63. Elles opposites

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

9	8	6	3	7	4	2	5	1
5	3	7	1	2	8	4	9	6
1	2	4	5	9	6	3	8	7
8	5	9	6	4	3	7	1	2
3	6	1	2	8	7	5	4	9
4	7	2	9	5	1	8	6	3
7	4	3	8	1	9	6	2	5
2	1	8	7	6	5	9	3	4
6	9	5	4	3	2	1	7	8

5		3		1	7			6
	1			8				
			3				2	
9		4	7			1		3
	5						6	
6		1			9	7		2
	3				2			
				5			9	
2			1	4		8		5

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